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# CANNING PRESERVING PICKLING AND FRUIT DESSERTS

Miss JEANETTE C. VAN DUYN

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# Canning, Preserving Pickling and Fruit Desserts

*BY*

**JEANETTE C. (VAN DUYN)** Slade

FORMER GOVERNMENT LECTURER AND INSTRUCTOR IN HOUSEHOLD SCIENCE.

(Diploma, Macdonald College, Prov. Quebec, Canada.

Author of

*"The Household Science Cookery Book," "Maize as Food," and "Sweetmaking."*

Durban:

THE COMMERCIAL PRINTING CO.

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1921.

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# Introduction.

In the season when fruit and vegetables are plentiful, canning and preserving should form an important branch of work in the home activities, and every energetic and thrifty housewife should take the opportunity of bottling or putting up in tins a good supply for winter use. It would be especially helpful to the farmer's wife to have her pantry well stocked with canned foods of all kinds, as she would be spared many an embarrassing moment should unexpected guests arrive. Further, it should be remembered that fruit and vegetables are of very high dietetic value, and contain mineral matter in the form of phosphates of lime, iron, potassium, and other salts which are very necessary in keeping the blood in good and healthy condition.

It is a recognised fact that our South African women excel in the canning and preserving of fruit—a fact which is well illustrated by the fine exhibits at the annual Agricultural Shows—but as yet the canning of vegetables has been somewhat neglected, owing to the impression that "they will not keep." This is a wrong idea, and failures are simply due to faulty methods. Once the fundamental principles are understood, it will be realised how simple the process is.

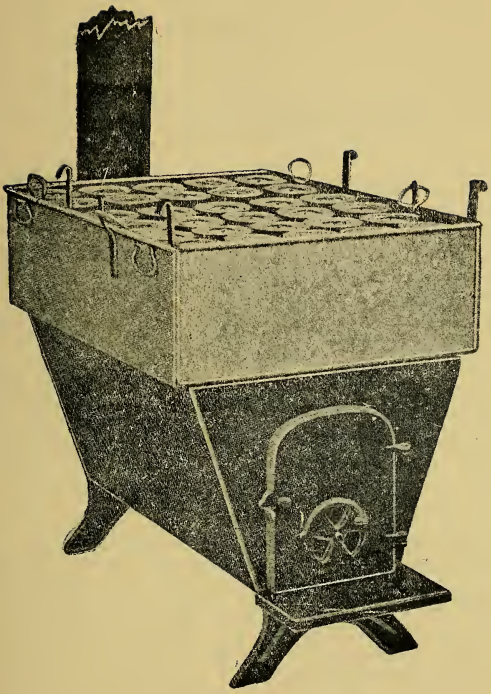
In a country where so much fruit and vegetables are grown as in South Africa, there should be no need for importing from overseas, and yet we find that thousands of pounds are sent out of the country annually for canned fruits, jams, and preserves, while large quantities of fruit are allowed to rot on the ground

each year. What is required in this country is an inexpensive portable canning outfit, with a capacity of canning hundreds of cans or bottles per day, and, preferably, one that can be used outdoors, probably in the orchard, as those which have been so successfully adopted in the United States, America. (See Illustration). Regular "Canning Clubs" have been organised there, and opportunities are afforded to many women, and even boys and girls, of earning a nice little income. For instance, "Tomato Clubs," which have been established by the Federal Government of the United States, provide an industry for boys and girls on the farm and utilise bushels of tomatoes that formerly were wasted. Canning outfits are set up in the fields, and the canning process, which is carried on out-of-doors, is supervised by a trained person. Tomatoes are canned in tin, and the finished product is marked by a label, which is a kind of guarantee of the excellence of the product. Not only does the enterprise bring its financial reward, but it develops business acumen in young persons, making them keen and alert, while it also stimulates an increased interest in farm life.

There is no reason why "Co-operative Farm Canneries" could not be started in this country on the same lines as those in the United States, and why equal success should not be obtained here. There are many home industries which might be established on our farms, and it is hoped that such industries will gradually be developed, but there is none more interesting and lucrative than the canning business, nor one that offers greater scope for our women with energy and enterprise.

JEANETTE C. VAN DUYN.

Pretoria,
October, 1920.



A type of Portable Canner, used extensively in the United States of America.

# Chapter I.

## The Science of Canning and Preserving.

The art of canning and preserving food in some form or another is one which has been practised since the early days, and is almost as old as history itself. However, in those days they did not know the "reasons why and wherefore," which have only of recent years been revealed to us by Science. Long before people had any knowledge of germs or microbes it was discovered that fruit and vegetables could be readily kept for an almost indefinite period in a heavy solution of sugar, or in a strong acid or vinegar, and thus resulted the pickles of various kinds, and the compositions, pound for pound, of sugar and fruit, which we call preserves, jams, marmalades, and jellies.

### CAUSE OF FOOD DECAYING.

The decay of foods of all kinds is due to certain minute organisms or germs, which have the power of producing certain chemical changes. They belong to the lowest form of plant life, and are so small that they cannot be seen by the naked eye or without the aid of a microscope. The air we breathe, the water we drink, all fruits and vegetables, are teeming with these minute living plants. There are a great many kinds of these germs, and, although some of them do great harm, the great majority of them are beneficial rather than injurious.

The organisms which concern the housewife can be divided into three classes :—Yeasts, Moulds, and Bacteria.

**Yeasts.**—Every housewife is familiar with the yeast plant and its habits. It thrives in substances containing sugar, which it decomposes into a gas called carbon dioxide or carbonic acid gas and alcohol. It is this gas which makes it possible for us to procure a nice spongy loaf of bread, and when we wish to hasten fermentation in bread-making we generally add a little sugar to the yeast. Yeasts are readily killed at a high temperature, and so they are not a source of great trouble. The fermentation of canned fruits and preserves is usually due to the presence of yeasts.

**Moulds.**—Moulds, like yeasts, thrive in mixtures containing sugar, as well as in acid substances, and can grow on almost any kind of foodstuff in the presence of warmth and moisture. They are somewhat more resistant to heat than yeasts, but are killed at the temperature of boiling point. Moulds as a rule attack jellies, preserves, and pickles, but do not generally spoil canned fruits and vegetables. Moulds develop from spores, which are always floating about in the air, and if one of these spores settles on suitable food it will germinate if there is sufficient warmth. They thrive particularly well in darkness and dampness. Moulds are, however, not as injurious as bacteria and yeasts, and if discovered before they have penetrated too far, they can be removed and the food used or re-sterilised.

**Bacteria.**—The spoiling of vegetables is due primarily to bacteria. They are particularly fond of protein foods or foods rich in nitrogenous substances, such as

meat of all kinds, fish, eggs, milk, and also peas, beans, lentils, and maize or mealies. Bacteria do not develop in substances containing a large percentage of sugar or acid, and, therefore, fruits and vegetables which are slightly acid are not favoured by bacteria, such as tomatoes, rhubarb, etc., nor do preserves, jams, jellies, and canned fruits support bacterial growth.

Bacteria are much more resistant to heat than either yeasts or moulds, and grow with amazing rapidity. One bacterium under favourable conditions will produce about twenty millions in the course of twenty-four hours. The reproduction of bacteria is brought about by one of two processes. The germ either divides itself in two parts, making two cells instead of one, while each cell in turn divides; or else it reproduces itself by means of spores. These spores can be likened to the seeds of an ordinary plant, and they are the chief difficulty in canning vegetables. The organisms themselves are readily killed at a temperature of boiling point, but the spores or seeds retain their vitality sometimes after several hours' boiling, and upon cooling will germinate. The method which is usually employed in scientific work is known as the three days' process or "intermittent" sterilisation, when the work is done on three successive days. The first day the vegetables are heated to boiling point and kept at that temperature for about one hour, and is repeated on two successive days. The boiling on the first day is said to kill all the organisms, and the second day their seeds or spores, which have had time to develop during the interval. The boiling on the third day is not always necessary, but is advisable in order to be sure that sterilisation is complete. However, the writer has been very successful with the

continuous process, provided the articles of food have been sterilised the proper length of time. Instead of sterilising the food on three successive days for one hour, it may be done for two hours on two successive days.

## STERILISATION.

By "sterilisation" is meant the application of a high temperature in order to destroy all life and sources of life in and about a substance or thing.

Articles to be sterilised, such as spoons, strainers, etc., may be put on the fire in cold or boiling water and boiled for ten or fifteen minutes.

**To Sterilise Glass Jars for Canning.**—Put jars in a pan of cold water, taking care to rest them on straw, hay, or old cloths, in order to prevent them from coming in direct contact with the bottom of pan, otherwise they might crack; then heat gradually to the boiling point, and boil for ten or fifteen minutes. The covers and metal screws should also be put into the pan, while the rubber bands should be immersed in boiling water for a few minutes only and not allowed to remain for any length of time, otherwise they are apt to crack, unless of a superior quality.

When the jars are to be filled with the boiling fruit they should be carefully lifted, one at a time, from the boiling water, care being taken not to touch them with the fingers on the inside, and thus introduce fresh germs.

**To Sterilise Glass Jars for Jams, Jellies, and Preserves.**—After jars have been thoroughly washed and dried, also lids, put them in a moderate oven, taking care to rest them on straw, asbestos, or paper, and leave for 15 or 20 minutes or until required.

## EXCLUSION OF AIR.

The next important step, after sterilisation has been effected, is the complete exclusion of air, which, as we have seen above, is laden with germs and spores. This is accomplished by using airtight jars, and therefore the selection of the proper kind of jar is indeed a most important matter.

## STERILISERS.

There are several varieties of sterilisers on the market, but for household purposes they can easily be dispensed with, as any big saucepan, or even a paraffin tin, can be made to answer the purpose. All that is necessary is to improvise a false bottom, and this can easily be done by nailing strips of wood together, or several thicknesses of wire netting flattened out will do just as well. On the other hand, straw or several thicknesses old cloth may be utilised for this purpose—in fact, anything that will prevent the bottles from coming in direct contact with the bottom of the saucepan.

The advantage of a proper steriliser is that, in addition to the false bottom, it is fitted up with a thermometer, which is useful if fruit is to be done for commercial or show purposes, as some kinds are apt to break and get mushy if done at boiling point; but as far as vegetables are concerned, it is the writer's experience that it is not safe or reliable to do them below boiling point.

## SELECTION OF JARS.

There are many different kinds of jars on the market, and the two most commonly used in this country

are the old-fashioned screw-top jars, viz., "Atlas and Mason." (See Fig. 1.) These, however, are unsatisfactory jars, and are not to be recommended, for the following reasons :—

1. After the first season or two the covers are apt to stretch and so result in imperfect sealing, thus admitting air laden with germs.
2. The covers furnish an excellent hiding place for germs, and collect dirt behind the porcelain portion inside.
3. It is not desirable that foods should come in contact with metal of any kind.

So it is clear that, although these jars may be cheap in price, they are the most expensive in the long run. However, should it be necessary to use the screw-top jars, they are best suited for fruits containing a large amount of sugar (a pound of sugar to a pound of fruit), such as preserves and jams, which are not favourable to the growth of bacteria and yeasts.

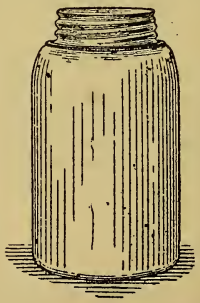


Fig. 1.—Ordinary screw-top jar.

A better class of jar is that which has a little loose glass or porcelain top held in place by a metal screw, such as the "Hazel or Wuidart's Perfect." (See Fig. 2.) If the canning or sterilisation is properly done,

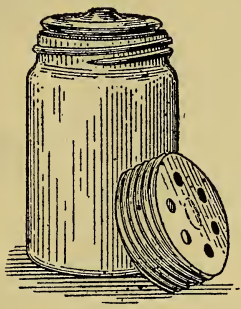


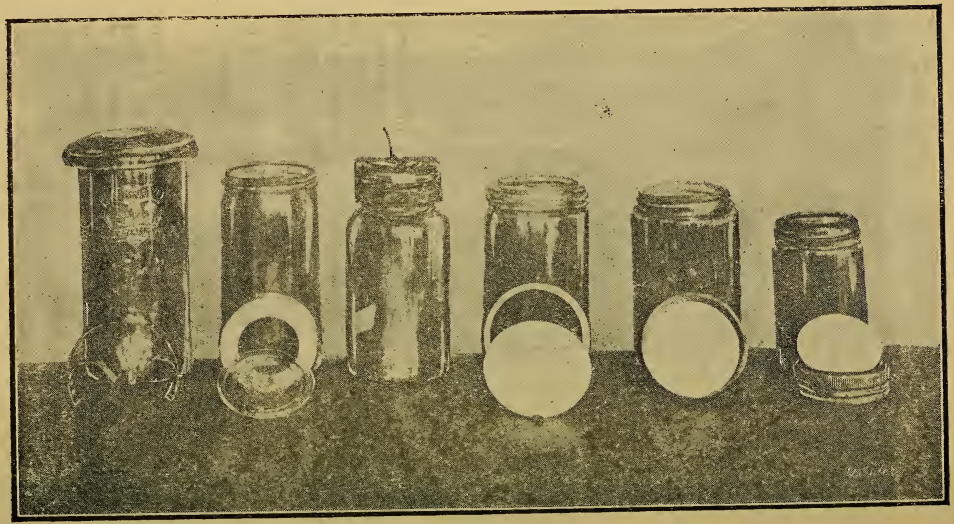
Fig. 2.—Improved screw-top jar.

practically all of the air will be driven out of the jar by the steam. Upon cooling, this is condensed, a vacuum is formed inside, and the pressure of the outside air forces the lid down tightly and seals the jar automatically. The metal cover can then be removed, as the glass top will be held securely in place.

A still more satisfactory type of jar is that which has a glass top, which is held in place by a simple wire spring. (See Fig. 3.)

The most perfect of all jars, however, are those which close by automatic suction, such as the "Rex" and "Weck's" jars. These jars are somewhat expensive in price, but the glass, as well as the rubber,

# POPULAR TYPES OF GLASS JARS.



1 Automatic Suction Jar.

2 Wuidart's Perfect.

3 Springtop Jar.

4 Hazel Jar.

5 Atlas Jar.

6 Hazel Jar.

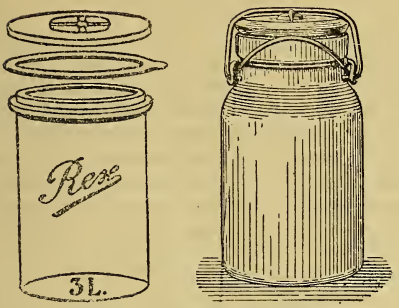



Fig. 3.—Spring-top jar.

is of such a superior quality that it well repays one for the outlay, and with careful handling should last for many years.

In selecting a jar, preference should be given to those having wide mouths, especially if whole fruits or vegetables are to be canned, while they are also much easier to clean.

## TESTING JARS.

To test the ordinary screw-top jars, such as the "Atlas" and "Mason," put a little water in each, adjust the rubber, screw down the top, and invert. If the jar is not air-tight, it is better to discover the fact before it is filled with fruit. If the jar does not leak, be careful to keep it with its own cover, as every perfect cover does not always fit every perfect jar. Should the jar be found to leak, try an additional rubber.

## TO OPEN JARS.

Sometimes difficulty is experienced in opening jars of fruit or vegetables which have been put up for a long time. The usual way is to pry up the edge, but this is not advisable, especially with the ordinary screw-top jar, as it will result in imperfect sealing. A better plan is to place the jar top downward in a basin of boiling water, and in a few minutes the cover should come off easily; otherwise put it in a saucepan of water on the fire and bring gradually to boiling point.

## RUBBER RINGS.

The use of fresh rubber rings every season is an important point in canning and preserving. It is poor economy to use them a second time, unless the rubber is of a very superior quality, for it will be found that the ordinary rubber rings crack very readily, and thus result in imperfect sealing. Black rubbers are more durable than white, and sometimes it is possible to use rubbers a second time by dipping them in hot melted paraffine wax, although for canned fruits and vegetables it is advisable always to use fresh ones.

## UTENSILS.

In preserving, canning, jelly, and jam-making iron or tin utensils should never be used, as the fruit acids act on these metals and poisonous compounds may be formed, while they also give a bad colour and metallic taste to the products. Brass and copper pans are very popular, as fruits are found to retain their colour so much better, while porcelain-lined, enamelled, earthen or granite ware utensils are also satisfactory.

The pan should be broad rather than deep, as the colour will be found to be much better when not cooked in deep layers.

Among the utensils that are necessary are : Scales, measuring-cups, enamel bowls, colander, wire sieve, wooden spoons, wooden masher, knives for paring fruit (plate if possible), flat-bottomed boiler or big saucepan with tight-fitting lid, butter muslin or cheese cloth, and jelly bags of felt or loosely woven flannel.

A wire basket, such as is used for deep frying, will be found useful. The fruit to be peeled is put into the basket, which is lowered into boiling water, and a few minutes after the basket is lifted from the boiling water and plunged for a moment or two into cold water. The skin is then removed. Peaches, plums, and tomatoes can be treated this way, also young carrots, when the skin will be found to come off easily.

Another method of peeling peaches, viz., by means of a caustic soda solution, is described further on.

A fruit pricker will also be found a great convenience, and can be improvised as follows :—Cut a piece half an inch thick from a broad cork, then press through this a dozen or more coarse darning needles, and tack it on a piece of board. Strike the fruit on the bed of needles, and you have a dozenholes at a time. When finished, remove the cork from the board, wash and dry thoroughly. By rubbing a little oil on the needles they will be prevented from rusting. It need hardly be mentioned that care should be taken not to break the points of the needles, which might

prove dangerous if they remained in the fruit, although with needles of this size there is not much danger in this respect.

A steam cooker as shown in Fig 5 will be found most useful in canning vegetables and fruit; also a "Blue-flame Perfection or Oil Stove," as a uniform intense heat can be maintained all the time, and thus the colour and flavour will be greatly improved.

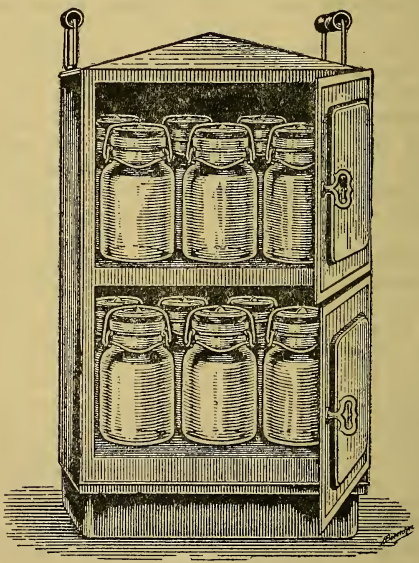


Fig. 5.—Steam Cooker.

## STORING.

Canned fruits, vegetables, and preserves should be stored in a cool, dry place, where it is neither too dark nor too light. In a warm, damp place, preserves will ferment, especially if not sufficiently cooked. The sugar in preserves will also crystallise if the atmosphere is too warm. An ideal place for storing should be cool and dry, with plenty of air circulating.

## TO USE CANNED VEGETABLES AND FRUITS

To use canned vegetables, the contents of the jars should be exposed to the air for an hour or more before using, in order that they may become re-oxygenated, when they will be improved in flavour and will taste much fresher.

When a jar of canned fruit is opened the fruit should all be used, as it will soon ferment, unless the remainder is re-sterilised by putting the jar in a saucepan of water, bringing it to boiling point, and allowing it to boil for a few minutes; then remove from water and screw down the lid tightly.

# Chapter II.

## The Canning or Sterilisation of Vegetables and Meat.

Vegetables for canning should be perfectly sound, and, if possible, fresh out of the garden. If it is not possible to can the vegetables immediately, do not allow them to wither, but keep them in a cold place so that they may be nice and crisp. Maize (Mealies) and Peas lose their sweetness and flavour soon after they are gathered, and so it is advisable not to leave them over too long. Young vegetables are superior in flavour and texture to the more mature ones.

As seen in the previous Chapter, the germs which attack vegetables form seeds or spores and are most resistant to heat. Therefore much greater care has to be exercised in the canning or sterilisation of vegetables than in the canning or preserving of fruit; and, in addition to thorough sterilisation by the application of a high temperature, it is also very important to use fresh rubbers and a jar which is thoroughly reliable and completely air-tight.

One difficulty in canning vegetables is to make them retain their colour, especially green peas, beans, etc., unless chemicals or colouring matter is used, which, of course, is not to be recommended, as there is no reason why one should object to the colour as long as

the flavour is good. Besides, from a health point of view, it is better to have them pure and wholesome than artificially coloured and adulterated. However, there is no objection to the use of bi-carbonate of soda and borax, both of which will to a large extent preserve the green colour. When using these add about an eighth of a teaspoon of bi-carbonate of soda and 1½ teaspoons borax to each pint of water used in filling up the bottles.

In doing peas, mealies, and beans, it is better to omit the salt, especially if they are somewhat hard, as salt has a tendency to harden, and when re-heating them for the table it may then be added.

## METHODS OF CANNING.

There are various ways of canning or sterilising vegetables, but the two methods principally adopted here are the "Intermittent or Two or Three-day" method and the "One period or Continuous" method. The former methods are the most reliable for such vegetables as Peas, Beans, and Maize, as they contain nitrogenous substances, and are particularly favoured by heat-resistant germs or bacteria. The difference between these methods is that in the "Continuous" Method food is cooked for several hours and the work finished in one day, while in the first two processes the sterilisation is repeated on two or three successive days, as follows:—

1. After the food is canned, boiled, and sealed, it is allowed to stand for 24 hours in a warm place. This gives the spores time to develop.

2. The canned food is then cooked a second time, in order to destroy the spores which have had time to change to the vegetative form.

3. If done by the "Two-day" process the food is sterilised the first two days for 2 hours, and repeated the second day. If done by the "Three-day" method, it is sterilised for one hour the first day, and repeated on two successive days.

## GENERAL RULES FOR CANNING VEGETABLES.

1. Prepare glass jars by washing them thoroughly, then leave them to drain on a clean table, top downwards. Also wash glass tops.

2. Sterilise the rubber rings by putting them into boiling water for a minute or two.

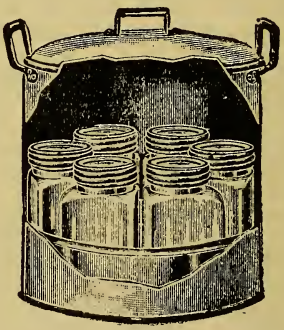
3. Prepare vegetables by washing, peeling, scraping, or shelling them, etc., then cut into convenient pieces or leave whole.

4. Parboil vegetables in boiling salted water for five minutes. This is not absolutely necessary, but it is a safeguard, especially if the source of the vegetables is unknown. In the case of green-coloured vegetables a little carbonate of soda may be added, in the proportion of $\frac{1}{8}$ teaspoon to each pint of water, and $1\frac{1}{2}$ teaspoons borax.

5. Remove vegetables from boiling water and plunge into cold water. This will help to set the colour.

6. Drain the vegetables, then pack them neatly into the clean jars.

7. Then fill up the jars with clear water—preferably rain water—add salt if desired in the proportion of one tablespoonful to two pints of water (salt has a tendency to harden, so in the case of peas and mealies it is better to omit it), adjust the rubbers, and screw on the metal covers partly. If spring-top jars are used, adjust the wire clamp (see Fig 3), but do not snap it into place. (Lids should not be screwed down tightly, otherwise the steam cannot escape and jars might crack).



An admirable Home Steriliser.

8. Pack jars into the boiler, taking care that they do not touch each other. In the absence of a false-bottom or wire-rack, jars should be made to rest on straw, hay, strips of wood, or old cloths.

9. Fill up the boiler or saucepan with cold water to reach up to the necks of jars, although equally successful results will be obtained if water only comes up half-way of jars, as the steam will do the cooking, provided the lid of the saucepan fits on tightly. Put the cover on the saucepan, and set on stove.

10. Bring it gradually to boiling point, and keep it boiling for whatever time is prescribed in the recipes. The time should be counted after the water begins to boil, not when the jars are placed into the canner.

11. Ten or fifteen minutes before the jars are removed from the fire, screw down the lids tightly if metal screw-top jars are used, or, in the case of spring-top jars, fasten down the wire clamp.

12. Boil the sealed jars in the canner or boiler for 10 or 15 minutes longer; then remove the jars, and put them out of a draught, or leave them to cool in the water. The jars should cool down slowly, otherwise suction will not take place, therefore unless allowed to cool in the water, cover them up warmly with a blanket.

13. Test the jars after several days by unscrewing the metal screw or loosening the clamp of spring-top jars. If the jars are perfectly sealed the covers will not come off, but will be fixed on tightly.

14. Should tiny gas bubbles appear, sterilisation has not been complete, in which case the lids will also be found to be loose. If fermentation has not gone too far, the process of sterilisation may be repeated.

15. The principle of sterilisation is the same for all vegetables, meats, and fruit, the only difference being in the length of time sterilised.

16. Such vegetables as tomatoes, asparagus, and rhubarb need not be parboiled beforehand.

17. If liquid is desired to be very clear, salt need not be added to the water in the jars.

18. A little sugar added to maize or peas will improve their flavour.

## ASPARAGUS.—I.

Wash and trim the asparagus into even lengths, cutting off the hard end. Pack into jars, the heads of asparagus pointing upwards, then fill up with slightly salted water, using salt in the proportion of one teaspoon to each pint jar. Adjust the rubber and screw down the lid slightly, or, in the case of spring-top jars, adjust the wire clamp, but do not fasten down. Sterilise for three hours, according to the "General Rules" above.

## ASPARAGUS.—II.

Wash and trim the asparagus into even lengths, then cook in boiling water for five to ten minutes. Remove from boiling water and plunge into cold water,

then arrange neatly in jars with heads pointing upwards. Add one teaspoonful salt to every pint jar, and fill to overflowing with clear cold water or water in which asparagus has been boiled, taking care to stand jar in a pan of hot water, so that it does not crack when being filled with the hot water. Adjust the rubber and lids and sterilise for 45 or 60 minutes, according to the "General Rules." Remove the cover of the boiler and screw down the tops of the jars tightly, or, in the case of spring-top jars, fasten down the wire clamp, then leave in the boiler until the next day.

On the following day partially unscrew the tops or loosen the wire clamps and cook for another 45 to 60 minutes. Repeat the boiling on the third day, then screw down tightly and put away in a dry, cool place.

This is known as the "Intermittent or Three-day" method.

## BROAD BEANS.

Shell nice young tender broad beans and cook in boiling water five minutes, then drain and plunge into cold water. Pack into clean glass jars, fill up with cold water slightly salted, adjust the rubber and lid, and partially tighten. Put into steriliser, and boil for two hours. Next day boil again for two hours, and ten minutes before the time expires screw down the lids tightly or clamp down the spring.

## GREEN BEANS.

Remove the strings from the beans, and, if nice and young, they can be left whole. Wash them, then

cook in boiling water for five minutes. Remove from the boiling water and plunge at once into cold water, then drain, and arrange neatly in jars. Fill up the jar with slightly salted water, using one teaspoon salt to every pint of water; adjust the rubbers and screw down lids loosely, or, in the case of spring-top jars, adjust the clamp but do not fasten down. Pack the jars in the boiler or saucepan as directed in "General Rules," and sterilise again for one hour. Repeat the process the third day, screw down the lids tightly, or fasten down the clamps of spring-top jars, and put away in a dry, cool place.

This three-day method is the most reliable process for canning beans, although success may also be attained by sterilising them for two hours on two successive days instead of one hour for three days.

## BEETROOT.

Select small, perfect beets, wash them carefully, and cook in boiling water until tender. Drain and cover with cold water. Rub off the skin, then pack them into jars, cut or uncut, and fill up with water to which a little salt and vinegar has been added. Adjust the rubbers, screw down lids slightly, and sterilise for 1½ hours, according to the directions given under "General Rules."

## CABBAGE.

Wash cabbage thoroughly, leaving it with head down in salted water, so that any insects present will come out. Then cut into convenient pieces and cook for five minutes in boiling water. Remove from boiling water, plunge at once into cold water, drain,

and pack into jars. Fill up with cold water, to which salt has been added in the proportion of one teaspoon to every pint jar, adjust the rubber rings and screw down the lids loosely. Pack into the boiler and sterilise for 1½ to 2 hours, according to directions given under "General Rules."

## BRUSSELS SPROUTS.

Do the same way as cabbage.

## CARROTS.

Select small, young carrots and parboil for five minutes, then drop into cold water and gently rub off the skins. If carrots are more mature they should be scraped before being parboiled, and may be left whole or cut into slices. Drop into cold water, drain, and pack into the jars. Fill up with slightly salted water, to which a little sugar may be added if desired. Adjust the rubber rings, screw down lids slightly, and sterilise for 1½ hours, according to directions given under "General Rules."

## CAULIFLOWER.

Break off the flowers in neat pieces and wash thoroughly in salted water, then follow the same directions as for cabbage.

## CUCUMBERS.

Peel and slice some good cucumbers, which are not too old, and put them into salt water over night. Drain them well, then pack them into jars, and fill

up with cold water, to which vinegar has been added. Adust the rubber rings, screw down lids slightly, and sterilise for one hour, according to directions given under "General Rules."

## EGGPLANT.

Pare the eggplants, cut them into slices crosswise, and cook for five minutes in salted boiling water. Plunge them into cold water, to which salt has been added in the proportion of one teaspoon to every pint. Put on the rubbers and partially screw down the lids. Sterilise for three hours, according to directions given under "General Rules," or cook for one hour on three successive days as "Green Beans.—II."

## GREEN MAIZE.

Pick the maize while still in the milky stage and before the grains have hardened. Remove the husks and silk, and with a sharp knife cut the grains off the cobs, pressing out the juice, then pack into clean jars. If there is not sufficient juice—there should be at least two inches—add a little water, to which a little sugar has been added, and, if liked, a little salt, although it has a tendency to harden, and it is better to omit it. Adjust the rubber rings and screw down the lids loosely, or, in the case of spring-top jars, adjust the wire-clamp, but do not fasten down. Pack the jars in the boiler as directed in "General Rules" and sterilise for one hour. Tighten the covers of jars and leave to cool in boiler for 24 hours. The following day sterilise again for one hour, taking care to loosen the lids in order to let out the steam, otherwise jars might crack. Repeat the process the third day, screw down the lids tightly and put away in a dry, cool place.

This three-day method is the most reliable for canning maize, as the intervals between the boiling give the bacteria a chance to develop or germinate and to be killed in the final cooking.

## DRIED GREEN MAIZE.

Cook maize on the cobs for about five to ten minutes until the milk is set, then cut from the cobs and spread in shallow pans. Dry in a slow oven or in the sun. When perfectly dry put into paper bags. Before using soak the maize overnight in water or milk.

## MUSHROOMS.

Wipe or wash the mushrooms, remove or trim off the stems, then peel them and sprinkle with salt, and pack carefully into clean glass jars, without adding any water. Adjust the rubber ring and screw down the lids slightly, then put into steriliser or saucepan with false bottom; fill up with water to reach to about an inch from the necks of jars, then bring gradually to boiling point and boil for one hour, during which time it will be found that they have shrivelled up and drawn their own juice. Remove the jars from the water, and fill up one from another, then return to the steriliser, and allow to boil gently for another hour. When done screw down the lids tightly in the case of screw-top jars, or clamp down the spring of spring-top jars.

Mushrooms may also be dried instead of sterilised by being put in a cool oven or outside in the shade on sheets of white paper and left until dry and shrivelled up, then stored in paper bags. When being used they should be soaked beforehand, preferably in gravy.

## PARSNIPS.

Follow the same directions as for "Carrots."

## GREEN PEAS.—I.

Select tender peas, shell them, then cook for five minutes in boiling water (if tied in a piece of butter-muslin or cheese-cloth, they are easy to lift out). Plunge into cold water, then pack them into jars, and fill up with water, to which one teaspoon sugar has been added to every pint, and the same of salt, although salt, having a tendency to harden, is better to be omitted, especially if peas are not very young. Adjust the rubbers and screw down lids loosely, or, in the case of spring-top jars, adjust the wire clamp but do not fasten down. Pack the jars in the boiler as directed in "General Rules" and sterilise for one hour. Tighten the covers of jars and leave to cool in the boiler for 24 hours. The following day sterilise again for one hour, taking care to loosen the lids in order to let out steam, otherwise jars might crack. Repeat the process the third day, screw down the lids tightly or fasten down the clamps of spring-top jars, and put away in a dry, cool place.

If preferred peas may be sterilised for two hours the first day and repeated the second day, instead of one hour for three days.

## PEAS.—II.

The following excellent recipe is taken from a Buttetin on the "Bottling of Fruits and Vegetables," by Vincent and Georgiana Banks, published in England :—

Select good sound peas of even size; when they have just filled the pod is best, as it is a great waste to pick and preserve peas when they are not half-grown. Peas are at their best when fully grown, but not old. Only take the sweetest kinds for preserving, not the common field pea. After shelling put them into a pan of cold water, with a little salt, and a good sprig of mint. Place them on the fire and bring them to the boil, and boil for a few seconds only. Then take them off and cool in water—a running tap is best, but where a tap is not available, turn them into any vessel containing cold water. In the meantime pour enough boiling water to fill your bottles on to a little salt and sugar and a good sprig of mint, and stir it occasionally while cooling. Then fill up your bottles with the cooled peas, not too tight, as they expand slightly with boiling again; then fill up with the water already mixed, put on the cap, etc., and place in the saucepan and bring to the boil. Boil for $1\frac{3}{4}$ hours, when take out and fill up with boiling water if necessary; put on rubber ring, cap, etc., and fasten down tightly.

The above process will not make them retain their green colour. If you wish them to do this, add one heaped teaspoon of borax to each pint of water when you are mixing the salt, sugar, and mint for filling the bottles. Use plenty of mint in the above process.

[Author's Note.—My experience has been that here in South Africa peas cooked for less than four hours will not keep, probably due to climatic conditions. I would, therefore, advise a second boiling, according to the "Intermittent Process."]

## SPINACH.

Select young spinach, wash thoroughly, and steam or boil in a small amount of water. When cooked enough, put into sterilised jars (see Sterilisation), press down with a sterilised spoon until the liquid covers the top, adjust sterilised rubber rings and lids, screw down tightly or fasten down the wire clamp or spring-top jars, and put away out of a draught. When cold and the glass has contracted, again tighten the lids.

## SWEET POTATOES.

Prepare a syrup by boiling together one cupful of sugar in four cupfuls of water for five minutes. Peel and slice sweet potatoes, then boil them in slightly salted boiling water until tender, drain, and cook for five minutes in syrup. Fill into hot sterilised jars (see Sterilisation), letting the syrup overflow the tops of the jars, adjust sterilised rubber rings and lids, screw down tightly, or fasten down the wire clamps of spring-top jars, and put away out of a draught. When cold and the glass has contracted, again tighten the lids.

## VEGETABLE MARROW OR PUMPKIN.

Cut marrow or pumpkin into pieces, removing rind and seeds. Steam or boil in a small amount of water until tender, then mash and add a little salt and sugar to taste. Reheat, and when scalding hot fill into well-sterilised jars (see Sterilisation), adjust sterilised rubber rings and lids, screw down tightly, or fasten down the wire clamp of spring-top jars, and put away out of a draught. When cold and glass has contracted, again tighten the lids. If liked, marrow or pumpkin may be cut into slices or squares, and

packed into the jars without parboiling, then filled up with slightly salted and sweetened water, and sterilised for two hours.

## TOMATOES.—I.

Select Tomatoes that are ripe but not over-ripe, free from blemishes and of medium size if possible. Scald the tomatoes by pouring boiling water over them, leave for two or three minutes until the skin will pull off, then cut into slices or leave them whole and fill into jars, removing the stem ends of the tomato. While filling, press the tomatoes close together with the bowl of a spoon. To each pint jar of tomatoes add one-half to one teaspoonful of salt and one-half teaspoonful of sugar. No liquid should be added, as the tomatoes have their own juice. Place the rubbers and lids on top of jars, screw down slightly or, in the case of spring-top jars, adjust the wire clamp, but do not fasten down. Pack the jars in the boiler and sterilise for 30 to 45 minutes, according to directions given under "General Rules."

## TOMATOES.—II.

Select tomatoes that are ripe but not over-ripe, free from blemishes, and of medium size if possible. Wash the glass jars and tops, then place them in a pan, cover with water, and boil or sterilise for 30 minutes (see Sterilisation). Keep in boiling water until ready to use. Boil the rubbers for one or two minutes.

Scald the tomatoes by pouring boiling water over them, and leave until skins will come off easily, then plunge into cold water, remove the skins and stem end of tomatoes, then cut in halves or quarters, and cook them in their own juice for 40 minutes or until tender.

Remove the jars from the boiling water, taking care not to touch the jars on the inside and so introduce fresh germs. Set the jars in a pan of hot water, and completely fill the hot sterile jars with the hot boiling tomatoes. Adjust the sterilised rubber ring and lid, screw down tightly or fasten the wire-clamp of spring-top jars, and put away out of a draught. When cold and glass has contracted, again tighten the lids.

## STERILISING MEAT.

All kinds of meat, as well as poultry and game, can be sterilised in the same way as in the preceding recipes for vegetables. Meat, however, must be thoroughly roasted, fried, or cooked before being sterilised, and can be cut up into pieces of convenient size. It is always necessary to fill up the jar either with gravy or dripping, etc.

### ROAST MEAT.

After meat has been thoroughly roasted, cut up into convenient pieces and pack into jars while still hot. Pour over some of the gravy and sterilise the same way as green beans according to the "Intermittent method."

### ROAST CHICKEN.

Follow same directions as for Roast Meat.

### POTTED MEAT.

Any cold meat may be put through the mincer, then seasoned and flavoured, and melted butter added in the proportion of 4 to 6 ozs. to every pound of mince.

Then pack into glass jars and sterilised the same way as "Green Beans, by the "Intermittent method."

If only to be kept for a few days it is not necessary to sterilise it—simply pour melted dripping or butter on top.

## POTTED HAM.

Pass some well-cooked ham through a mincer, add a little cayenne and some of the broth in which the ham has been cooked. Make into a stiff paste, pack into jars, and sterilise the same way as "Green Beans" by the "Intermittent method."

## POTTED TONGUE.

After tongue has been well cooked, cut into thin slices or put through a mincer, pack into jars, fill up with aspic jelly or liquor in which tongue has been cooked, and sterilise the same way as "Green Beans" by the "Intermittent" process.

## SAUSAGE.

After sausage has been fried, pack into jars, pour over some gravy, and sterilise the same way as "Green Beans" by the "Intermittent" process.

# Chapter III.

## The Canning of Fruit.

**Points to be Observed:**

1. If possible, fruit should be fresh out of the garden, otherwise keep them in a cool place, so as to be nice and crisp when used.

2. Fruit should be gathered in dry weather for preference, as its keeping qualities will be found to be better than when wet with rain.

3. Fruit is at its best for canning just before it is perfectly ripe.

4. Fruit for canning should be perfectly sound and free from all blemishes.

5. After fruit has been peeled drop at once in cold water, made slightly salt or acid—any kind of acid may be used, such as lemon juice, vinegar, citric, or tartaric acid. This will prevent white fruits from discolouring.

### THE CANNING OF FRUIT.

In canning fruit, the natural flavour of the fruit is much better retained than in preserving, and is also more wholesome, as it is less concentrated and does not contain such a high percentage of sugar. It is

for that reason, however, that canned fruits are more favourable for the development of germs, consequently it is necessary to exercise much more care than in preserving. As seen in a previous chapter, the success of canning depends upon absolute sterilisation and the complete exclusion of air. Therefore, the following directions may be repeated here, namely, to use jars, covers, and rubber rings that are in perfect condition; to examine each jar and cover to see that there is no defect; and to use only fresh rubber rings, for if the rubber is not soft and elastic and without cracks the sealing will not be perfect.

In canning, any proportion of sugar may be used, or fruit may be canned without the addition of sugar, that is, in plain water. Fruit canned without sugar is suitable more or less only for pies.

## METHODS OF CANNING.

There are several methods of canning, but the three which are considered the easiest and most popular are: Cooking the fruit in the jars, in boiling water; cooking the fruit in the jars in an oven; and cooking or stewing the fruit before it is put into the jars.

The method most commonly used in this country is the last method, viz., cooking or stewing the fruit before putting it into the jars. This method is not quite as reliable as the first two, as there is a chance of failure, whereas with the first two methods no failure can possibly result provided the cooking or sterilisation has been thoroughly done and air-tight jars used. Another disadvantage of this method is that fruit does not retain its shape nor its flavour so well, this being true especially of the soft, juicy fruits. Therefore it is proposed to deal only with Method No. 1 in this book, and to briefly outline the other two methods.

## 1.—CANNED FRUIT COOKED IN THE JARS IN BOILING WATER.

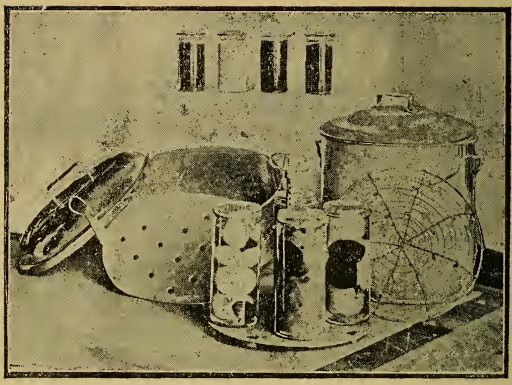
This method of Canning is done on the same principle as the canning or sterilising of vegetables, the only difference being in the length of time sterilised. Full directions are given further on.

## II.—OVEN CANNED FRUIT.

Prepare the fruit as for other methods of canning, and then arrange neatly in jars, which have been washed and scalded with boiling water. Fill the jars with the syrup which has been prepared beforehand, adjust the sterilised rubber rings, and screw on the lids loosely, or, if spring-top jars are used, adjust the wire clamp but do not fasten down. Place the jars in a shallow roasting pan containing two or three inches of water, care being taken to rest the jars on straw, hay, strips of wood, or cloths, then put into a moderate oven, place an inverted pan on top, and allow to cook until the fruit is done, the time allowed depending on the nature of the fruit. Remove the jars from the oven one at a time, screw down the lids tightly, or fasten down the wire clamp of spring-top jars, invert them, then put them in a place out of a draught and cover up warmly so as to cool down gradually. When cool, if screw covers are used, again tighten the lids after the glass has contracted.

Fruit done this way is apt to shrink a little in the jars, and so, if desired, jars can be filled up from an extra bottle.

When doing fruit by the Oven Method, the fruit in the top of the jar is apt to discolour or turn dark, owing to the greater heat, unless an inverted pan is put on the top of the jars.



Two types of Boilers with false bottoms, suitable for Canning or Sterilising Vegetables and Fruits.

## III.—CANNED FRUIT COOKED IN THE SYRUP.

After fruit has been prepared by washing, peeling, coring, etc., drop them into the boiling syrup which has been prepared beforehand, and cook the fruit in the syrup until tender. Remove the jars from the boiling water, in which they have been sterilising for 15 to 30 minutes (see Sterilisation), and fill them to *overflowing*. It is very important that the jars are filled to *overflowing*, and if there is not sufficient syrup, add boiling water. To prevent air bubbles, slip a spoon or fork into the jar. Wipe the rim of the jar, put on the sterilised rubber ring, and cover and screw down tightly, or, in the case of spring-top jars, fasten

down the wire clamp. Invert the jars and put them out of a draught. When cold and glass has contracted, again tighten the metal covers.

The work of sealing and filling should be done as rapidly as possible, and the fruit must be boiling hot when put into the jars.

If it is desired to have the syrup very clear, cook the fruit in boiling water, then put into jars and fill up with syrup.

## SYRUPS FOR CANNING.

For general guidance, syrups for canning can be divided into three classes.

1. *Heavy.*—Use equal parts of sugar and water. This is suitable for acid fruit that ferments easily, as rhubarb, apricots, etc.

2. *Medium.*—Use two parts of water to one of sugar. Suitable for tough and rather hard fruit, such as apples, pears, quinces, etc.

3. *Light.*—Use three parts of water to one of sugar.

## TO PREPARE THE SYRUP.

Pour boiling water on to the sugar and stir until all the sugar grains have been thoroughly dissolved. Then strain through double thickness butter-muslin.

If it is desired to clarify the syrup, it can be done the same way as clearing jelly.

## AMOUNT OF SYRUP AND SUGAR REQUIRED.

Large fruits, such as peaches, pears, quinces, etc., will require about a pint of syrup to each quart jar of fruit. The small fruit will require a little over half a pint of syrup. Most fruits are canned in a medium syrup, namely, two parts of water to one of sugar. To every pound of fruit allow one-third to one-half its weight in sugar.

## SCALDING OR BLANCHING.

Most fruits, especially the hard ones, give a better result if they are cooked a few seconds in boiling water before being filled into the cans or jars. This is known as Scalding or Blanching. By par-boiling them beforehand they are rendered more pliable, and so can be packed more easily in the jars. The texture and colour are also improved, and it enables them to absorb more sryup. After blanching they are at once plunged into cold water.

A convenient way of blanching fruits is to tie them in a piece of butter muslin, when they can be easily lifted out of the boiling water and at once plunged into cold water.

## TO PREVENT WHITE FRUITS FROM DISCOLOURING.

It has been found that an excellent way of preventing white fruits from discolouring is by means of sulphur fumes. Take ordinary sulphur and place it on a tin plate or an old iron spoon, then drop a red hot cinder on to it and invert a wide-necked glass jar over it. The jar will become filled with white fumes, when

it should be turned up and covered over with a plate or sheet of glass while another is being filled. Take the prepared fruits and drop into the jar with sulphur fumes, and leave for some minutes, then remove and rinse in fresh water or cook for a few seconds in boiling water. Pack into glass jars and sterilise according to directions. As the fruits are peeled and cut they should be put directly into the jar of sulphur fumes.

## STERILISING FRUIT BELOW BOILING POINT.

It is not necessary to sterilise fruits at boiling point, and some fruits, such as apples, pears, and quinces will retain their shape and colour much better if the temperature is kept considerably below boiling point, and never above simmering point. It would then be necessary to sterilise them about ten minutes longer than directed in the recipes.

## CAUSE OF FRUITS RISING IN THE BOTTLES.

If fruits are overcooked they generally rise in the bottles owing to shrinkage, and this very often happens with fruits sterilised at boiling point. Then again, fruits will often rise in the jars if not packed tightly enough, and for that reason it is always necessary to use a little force or pressure in filling the jars.

## TO REMEDY THE SINKING OF FRUITS IN JARS.

It will often be found that unless fruits are " Scalded or Blanched " beforehand, as directed above, they will sink in the jars, and although they will be perfectly good, the appearance of the jar may not be so attrac-

tive. To remedy this a good plan is always to have an extra jar to fill up from. A few minutes before being done, remove the jars from the boiling water, fill up from the extra jar, screw down the lids tightly and return to the boiling water until done.

## WHETHER JARS SHOULD BE SUBMERGED IN THE WATER.

The question is often asked whether it is necessary during sterilisation to submerge the jars in the water. This is not necessary if a proper steriliser is used and the steam prevented from escaping, but unless the lid is a tight-fitting one, it is better to have the water right up to the necks of the jars. On the other hand, sterilisation can be done quite successfully in a paraffin tin or any open vessel, provided the jars are completely covered or submerged in the water.

## EVAPORATION OF WATER IN THE JARS.

It often happens that after several hours' cooking the water in the jars will evaporate, especially in the case of peas, beans, and mealies, and so the bottle will only be half full. This is, of course, not considered a fault excepting that the appearance will not be so nice, and so if liked the jars may be filled up from a kettle of boiling water about ten minutes before the vegetables have finished sterilising, the lids tightly screwed down, and returned to the boiling water until done.

## CAUSTIC SODA PEELING.

Peaches may be easily and safely peeled by using a Caustic Soda Solution according to the following directions :—

Dissolve 2 dessertspoonfuls caustic soda in 3 pints boiling water, and allow to boil (a big paraffin tin will be found convenient for this). Tie the fruit in a piece of butter muslin, being careful to use only perfectly sound, firm fruit, then gently lower the fruit into the caustic soda solution, leave for 10 to 15 seconds, then rinse in two separate lots of cold water, and in the second bath gently rub off the skins with a coarse cloth. Lastly, drop the fruit into a bath of cold water made slightly acid—any kind of acid may be used, such as lemon juice, vinegar, citric, or tartaric acid, etc.

Pears, apricots, and plums may be treated the same way, although in the case of pears it is necessary to make the solution stronger owing to the toughness of the skins.

If less caustic soda is used than prescribed above, the fruit has to be immersed for a longer time, consequently is apt to soften, and will not be as satisfactory.

Fruit done by this method presents a much more attractive appearance than when peeled, nor is there the same waste through the cutting away of flesh.

## CANNED APPLES.

Pare, cut in halves or quarters, or leave whole, and remove the core. If liked, the stems may be left on (the little brown skin being scraped off), also one or

two leaves, as they look very pretty in the jars, especially if canned in water instead of syrup. After apples have been pared they should at once be dropped into cold water made slightly salt or acid (lemon juice, vinegar, citric, tartaric, or any acid may be used), which will prevent them from discolouring. Have a saucepan of boiling water ready on the fire, in which cook them gently for 3 minutes, then drain and pack them into clean jars, and fill up with a medium syrup. Adjust the rubber rings, put on the lids, and partially screw them down, or in the case of spring-top jars, adjust the wire clamp, but do not fasten down, otherwise the jars might crack if the steam cannot escape. Place the jars in the steriliser or saucepan, being careful to put something in the bottom of the pan, unless fitted up with a false bottom—strips of wood, straw, hay, several folds of wire netting flattened out, or old cloths will answer the purpose—then fill up with cold water to reach to the necks of the jars, and bring *very slowly* to the boil—it should take about 1½ hours to reach boiling point. Allow to simmer gently for 10 to 12 minutes, then remove from the fire, take out the jars, and screw down the lids tightly or clamp down the wire spring. Return to the saucepan to cool in the water unless the saucepan or boiler is needed, in which case put them out of a draught and cover up warmly in order to cool down gradually, otherwise suction will not take place properly.

If desired, apples need not be par-boiled before being put into the jars, when the liquid will be clearer, but the fruit is apt to rise in the bottles, as they will shrink. They may also be sterilised *below* simmering point, when they will retain their shape and colour better, but it will be necessary to sterilise them 10 to 15 minutes longer than prescribed above.

## CANNED CRAB APPLES.

Wash the apples, remove the stalks, then place in a saucepan, cover with boiling water and allow to simmer until the skins peel off. Put into jars, fill up with medium syrup, and sterilise the same as apples.

## CANNED APPLES WITH MULBERRIES.

Peel and core the apples, then cut into thin slices and fill into clean jars, first putting a layer of apples, then a layer of berries and so on until the jar is full, then fill up with a heavy syrup and sterilise the same way as apples. Loganberries or Blackberries may be used the same way, and they are delicious for deep pies.

## CANNED APPLES WITH PINEAPPLE.

Four pounds of apples, one good-sized pineapple, $1\frac{1}{4}$ pounds of sugar, one quart (four cups) water. Pare, core and quarter the apples. Pare the pineapple and carefully remove the eyes, then grate it. Drop the apples into boiling water and allow them to simmer until tender enough to be pierced by a reed. Put the sugar and water in a saucepan on the fire, stir until sugar is dissolved, then add the grated pineapple and bring the whole to boiling point. Remove the apples from boiling water and slide them into the syrup. Simmer until the apples are cooked, then fill into sterilised jars to *overflowing*, adjust the sterilised rubbers and covers, and screw down tightly.

## CANNED APPLES WITH QUINCES.

To every four pounds of apples allow one pound of quinces. Pare, core, quarter and can the same as in the preceding recipe.

## CANNED APRICOTS.

After the fruit has been washed break it in halves and remove the stone, then pack neatly into well-cleaned jars placing them hollow-side down, each half overlapping the other. (A sharp metal skewer will be found very handy in packing the fruit into the jars). Press the fruit well into the jars and pack them tightly, as it will be found that apricots are apt to sink in the jars, and for that reason only very firm or underripe fruit should be used. Next prepare the sugar and water by using one cup of sugar to every cup of water, and allowing 1 pint of syrup to every quart of fruit. Dissolve the sugar in the water and pour into the jars, after having been strained through a piece of butter muslin. Fill the jars to within quarter of an inch from the top, adjust the rubbers, and screw the lids on slightly, or in the case of spring-top jars, adjust the spring, but do not clamp down tightly, so as to allow the steam to escape, then pack the jars into a big saucepan or boiler, being careful to rest them on a bed of straw or hay, strips of wood or old cloths, etc., otherwise they might crack. Fill up the saucepan with cold water to reach to about the necks of jars and put on the fire. Bring very slowly to boiling point (it should take about 1½ hours), then remove from the fire, screw down the lids tightly or clamp down the spring and leave to cool in the water, or if the saucepan is needed, remove jars from the water and cover them up well with a woollen blanket in order to cool down gradually. This is an important point to remember, namely, *not to let the jars cool down too rapidly*, otherwise suction will not take place and the jars will not be air-tight. When cold, again tighten the metal screw covers, and store the jars in a cool place.

## CANNED GREEN APRICOTS.

Very often there is a great waste of green apricots due to wind, hail, etc., and few people realise how delicious they are prepared in the following way :— After having been washed, place them in a saucepan, add sugar and water, allowing 1 cup of water to every pound of fruit and ½ cup of sugar, and a piece of stick cinnamon. Put on the lid of saucepan and allow to simmer very gently on the back part of the stove until just tender, then fill into clean glass jars, adjust rubber rings and lids, and sterilise for five minutes.

## CANNED CHERRIES.

Wash and remove the stems, then tie them in a piece of butter-muslin and dip into boiling water for 15 seconds. Pack into clean jars, fill up with syrup and sterilise for five minutes.

## CANNED CAPE GOOSEBERRIES.

After the hull has been removed from the gooseberries, put them in a colander and wash thoroughly in cold water. Pack them into clean jars, fill up with syrup made according to the directions given above, adjust sterilised rubber rings and lids, and cook for 10 or 15 minutes according to the first or second method as above.

## CANNED GRAPES.

Take bunches of well-ripened grapes, remove carefully from the stems, wash and drain. Pack into clean jars, fill up with syrup, and sterilise for 5 minutes.

## CANNED GREENGAGES.

Do the same way as Plums.

## CANNED GUAVAS.

Peel the guavas thinly and drop at once into water made slightly acid or salt to prevent discolouring, then pack into clean glass jars. Fill up with a medium syrup to within quarter of an inch from the top, adjust the rubber and lid, and sterilise for 15 to 20 minutes.

## CANNED MULBERRIES.

Do the same way as Strawberries.

## CANNED PEACHES.

Peel the peaches (see Caustic Soda Peeling), or drop them into boiling water for a few minutes, then plunge them into cold water, and remove the skin. Divide them into halves or leave whole. If in halves, remove the stones or pips, and for the sake of flavour, a few cracked stones may be put in each jar. Can the same way as apricots, but sterilise for ten minutes.

## BRANDIED PEACHES.

Make a syrup of eight cupfuls of sugar and four cups water. Bring to boiling point, then cook for eight minutes, and add four pounds of peeled peaches. Cook for five minutes longer, then skim out the peaches and put them into sterilised jars. Boil the syrup until it thickens, add two cups of brandy, and pour at once into the jars. Cover and seal.

## CANNED STEWED PEACHES.

The following is a delicious way of putting up Peaches, and makes a nice change from the usual canned peaches. After peaches have been peeled stew them in the ordinary way by adding about 1 cup of water to every lb. of fruit and half a cup of sugar, put into an enamel saucepan, put on the lid of saucepan, and allow to stew *very gently* until the fruit is just tender. If liked a piece of stick cinnamon may be added. Fill boiling hot into clean hot jars, adjust rubber rings and lids, put into steriliser with boiling water, and sterilise for five minutes.

Instead of stewing the fruit in a saucepan, it may be done in a moderate oven in a casserole dish.

## CANNED PEARS.

Follow the same directions as for Canned Apples.

## CANNED STEWED PEARS.

Do the same way as "Canned Stewed Peaches."

## CANNED PINEAPPLES.

Pare the pineapples and carefully remove the eyes, then cut into half-inch slices. Pack into clean jars, fill up with syrup, adjust sterilised rubber rings and lids, and sterilise the same as Apricots, allowing them five minutes longer.

## CANNED PLUMS.

Plums are delicious bottled or canned, but of all the fruits they are the most difficult to get perfect in appearance, as their skins are so apt to crack. They

are also very apt to rise in the jars, owing to shrinkage, and for that reason must be packed very firmly. Therefore it is necessary to select fruit that is rather under-ripe and prick with a darning needle. Pack into clean jars, fill up with a medium or heavy syrup, adjust the rubber rings, and screw down the lids slightly, then put into steriliser or saucepan, fill up with water to come to about the necks of jars, and bring gradually to simmering point—it should take about 1¼ hours to reach that point, then allow to simmer gently for 12 to 15 minutes. Remove from the water, screw down the lids tightly, or clamp down the spring, then return to the water to cool, or if the saucepan is needed, put them somewhere out of a draught and cover up warmly, so that the jars can cool down slowly in order to effect proper suction.

## CANNED QUINCES.

Pare, core, and quarter the quinces, or they may be cut into rings. Drop them at once into cold water, into which a little lemon juice has been squeezed, which will prevent them from discolouring, otherwise use slightly salt water. Save the parings, core, and seeds for jelly. Cook quinces in boiling water for 5 minutes, then drain or pack them into clean jars, fill up with syrup, and sterilise the same way as Canned Apples.

## CANNED STEWED QUINCES.

A delicious way of doing quinces is by stewing them beforehand, in the same way as "Canned Stewed Peaches," and sterilising them the same way. It makes a nice change from the usual canned quinces.

## CANNED RHUBARB.

Wash and peel the rhubarb thinly and cut into neat pieces. Pack into clean jars, fill up with syrup, adjust the rubber rings and lids, and can the same way as apricots.

## CANNED RHUBARB, COLD WATER METHOD.

Wash, peel, and cut the rhubarb in even pieces, then pack in sterilised jars, adjust the rubbers, which have previously been sterilised, and place each jar under an open tap, and let the water run rapidly into the jar for 15 minutes, in order to expel the air. Put on the lids of jars and screw down tightly, then store away in a cool, dry place. When required for use, treat the same as fresh rhubarb.

## CANNED RHUBARB—HOT WATER METHOD.

Wash and peel the rhubarb and cut into even, neat pieces. Pack them into sterilised jars, adjust rubber rings, which have previously been sterilised, and stand the jars in a pan of hot water, then pour boiling water over the rhubarb until the jar is full, cover and allow to stand for 10 minutes. Drain off the water, and fill the can again with fresh boiling waer, then screw down the lid tightly, and put away in a cool, dry place. When required for use, treat the same as fresh rhubarb.

## CANNED STEWED RHUBARB.

Wash and skin the rhubarb, then cut into small pieces, and put into an enamel saucepan with very little water and enough sugar to sweeten. Let simmer

gently until done, then fill into clean jars, adjust rubber rings and lids, and sterilise the same way as "Canned Stewed Peaches."

## CANNED STRAWBERRIES.

Strawberries are not very satisfactory to can, as they contain such a large percentage of water; therefore the best way to do them is to sprinkle sugar over them after they have been washed and the stalks removed, and leave overnight. Next day pack them carefully into clean jars, taking care not to crush them, and do not add any water. Adust the rubber rings and lids, put into steriliser, and bring very slowly to boiling point. By that time they would have shrunk considerably in the bottles in their own juice, so remove the jars and fill up from an extra bottle. Screw down the lids tightly and return to sterilise for five minutes.

# Chapter IV.

## Canning in Tins.

To many the word "Tin" spells danger, and presents various complications, but the truth is that if the work is done carefully and thoroughly it is perfectly safe, whilst the process is equally simple when clearly understood as canning in glass jars. The secret of success is careful work in every particular, in filling and sealing the tins, and in sterilising them thoroughly during the process of cooking. One important factor to be borne in mind constantly, too, is the absolute necessity for perfect cleanliness right through the work, as it must be remembered that dirt or any foreign matter introduced into the tins means germs, which cause decay, and last, but not least, only perfectly sound and the best fruit should be used for canning.

### KINDS OF TINS.

There are two kinds of tins which can be used for canning, and are procurable at any of the Tin Factories in Johannesburg or Durban, namely, (1) tin with opening on top, which has a tin disc to be soldered on after being filled with fruit, and (2) tin with lever lid, which corresponds to the golden syrup tin. Both of these tins are excellent, although if fruit is to be canned

on a big scale for commercial purposes, the former is the more suitable, whereas for household purposes the latter answers very well, it being possible to use it a second time if properly lacquered inside.

## SOLDERING OUTFIT.

In using the tin with opening on top, it is necessary to have the following soldering outfit and materials :— 2 soldering irons, fire pot (which can easily be improvised out of an old galvanised bucket or small iron drum), a small file or emery cloth, flux, sal-ammoniac, and solder. A pair of tongs, for lifting the tins from boiling water, will be found convenient.

*Soldering Irons:* It is necessary to have at least two soldering irons, so that the one may be heating whilst the other is in use. Soldering irons may be purchased of any weight.

*Flux:* Flux is used in cleaning and re-tinning tools, and is also used in sealing the tins. It is brushed around the cap before the hot soldering iron is applied and causes the solder to adhere to the tin.

*How to Make Flux:* Flux consists of hydrochloric or muriatic acid, (which can be purchased at any chemist), zinc, and water. To prepare take 1 cup or $\frac{1}{2}$ pint acid and place in a glass or earthenware jar, then add strips of sheet zinc until no more can be dissolved and all ebullition has ceased. To this add an equal quantity of water. Keep in a glass bottle and use carefully. Instead of this Flux or Soldering-fluid, Fluxite, which is in the form of a soft paste and can be bought at

any hardware store, can be used. Powdered resin may also be used instead of Flux, but the writer personally prefers Fluxite, which is safer to use than Flux, as, unless great care is used, the latter is apt to drop on the food, and being posionous, is most injurious.

*Sal-Ammoniac:* This is used in cleaning the soldering irons, but should be kept away from all steel tools, as it produces rust.

*Cleaning and Tinning the Soldering Iron:* Before using the soldering iron it should be what is called "tinned," or coated with solder to make the solder flow evenly when soldering the tins. Before "tinning" the iron, it should be thoroughly cleaned and made smooth, and all traces of rust removed by means of a small file or emery cloth. Heat the iron until red-hot, being careful to keep the point of the copper out of the fire, then dip it into the flux or fluxite, then apply it to the sal-ammoniac (which is usually sold in big lumps or blocks), and rub it well with solder, until thoroughly coated, then dip into the flux again. Repeat this operation until the end of the iron is coated evenly with solder. Unless the iron is made red-hot it will remain tinned and need only be dipped in the flux after heating before use.

*Soldering:* Most women are under the impression that soldering is an art which only the opposite sex can acquire, but the process is a very simple one, and after a little practice women prove themselves to be as skilful at soldering as men.

## PORTABLE CANNERS.

If canning is done in small quantities, it is not necessary to have a special boiler or canner, an ordinary big saucepan with a tight-fitting lid being quite suitable; but if to be done on a big scale, it is advisable to purchase a small portable hot-water canner. There are several types of portable canners, which can be used out of doors, and consist of a boiler or tank made of galvanised iron, and a furnace. (See illustration page 3). These outfits are so constructed that there is nothing that can get out of order, and have a capacity of canning thousands of cans or tins per day. These canners can be placed right in the orchard and the work done there, thus relieving the housewife of cleaning up afterwards, whilst a great advantage is being in the fresh air all the time instead of confined in a hot kitchen.

## METHOD OF CANNING IN TINS.

In canning fruit in tins, the same principle is followed as canning in glass jars, the fruit and syrup being prepared in exactly the same way. The only respect in which the process differs is that after the tins have been filled with fruit and syrup they are put into boiling water for 5 to 7 minutes, or according to the nature of the fruit, the lids having been soldered on previously, each lid containing a small vent hole in the centre, which is left unsoldered, through which the air can escape, and in the case of the tin with the lever lid being used, the lid is put on lightly. This is known as "exhausting," and is done in order to drive out the air—if omitted, the air left in the tin expands and so causes it to bulge. The tins are then removed from the boiling water, and the vent hole soldered up,

or in the case of the lever lid tin, the lid is firmly and evenly knocked in, a little hammer being useful for that purpose. The tins are then replaced in the boiling water and sterilised according to the nature of the fruit.

*Note.*—The tin must be thoroughly washed before using for *Syrups.* Although they may appear perfectly clean, there may be acids or other foreign matter on the tin, which may cause decay. For the sake of convenience the syrups may be divided into three classes—

1. *Thick Syrup:* Made of equal parts of sugar and water.

2. *Medium Syrup:* Made of one part of sugar to two parts of water.

3. *Thin Syrup:* Made of one part of sugar to three parts of water.

*To Prepare:* To prepare the syrup simply pour boiling water on to the sugar, and stir until the sugar is dissolved, then strain through a double thickness butter muslin in order to strain out all impurities.

## FRUITS.

*Peaches:* After the fruit has been peeled, either by hand or machine or caustic soda solution (see page 45), and the stones removed, pack the peaches into the clean tins, then fill the tin with a medium syrup to within half an inch from the top. If tins with soldered lids are used, the tops should be carefully wiped with hot water and every trace of syrup re-

moved, otherwise the solder will not stick. Fit the lid over the opening and apply a little flux to the surface to be soldered; then hold the lid firmly in place with the stick of solder, and with the heated iron run the solder quickly all round the edge of the lid, leaving a small hole in the centre, which is known as the "vent hole." Place the cans in boiling water for 5 minutes, remove from the water, then solder up the vent hole, return to the water, and cook for about 15 minutes for free-stone peaches, and about 20 minutes for cling-stone, according to degree of ripeness and the size of tins, the size being reckoned at 2lb. or 3lb. Remove and cool quickly by plunging them into cold water. This will improve the colour and flavour of fruit.

The question is often asked whether the tins should be immersed in the water whilst the "vent hole" is open. It is better to do so, as it is not likely that much water, if any, would enter through the small opening.

In using the tins with lever lids, the lids should be pressed in lightly, and after "exhausting" for five minutes, should be knocked in firmly and allowed to cook until finished.

The time for cooking is reckoned when the water in the canner commences to boil after the tins have been immersed.

*Nectarines:* Treat the same way as peaches, except that they need not be peeled.

*Apricots:* Select fruit that is perfectly firm, wash, cut in halves, remove the stones, and pack into the tins. Fill up with heavy syrup, and treat the same way as Peaches, but cook only ten minutes.

*Pears:* After having peeled the pears either by hand or caustic soda solution (see page 45), drop them at once into cold water which has been made slightly salt or slightly acid with lemon juice, tartaric or citric acid, or vinegar, which will keep the fruit nice and white. Cut in halves, remove the cores, and pack at once into the clean tins. Fill up with syrup to within half an inch of the lid, and treat the same way as peaches, sterilising them for about 20 minutes.

*Plums:* Select sound and perfectly firm fruit, then prick with a darning needle to prevent the skin from bursting. Pack into the tins, fill with heavy syrup, and follow the same directions as for peaches, cooking from 15 to 20 minutes.

*Quinces:* Pare, core, and quarter the quinces, or they may be cut into pieces or rings. Drop them at once into cold water made slightly salt or acid (lemon juice, tartaric or citric acid, vinegar, or any other acid may be used), which will prevent them from discolouring, then pack into clean tins and fill up to within half an inch from the top with a medium syrup. Treat the same as Peaches, but allow to cook for 30 to 35 minutes. Remove and cool.

*Guavas:* Peel thinly and drop at once into salt water or slightly acid water, then pack into clean tins. Fill with a medium syrup to within half an inch from the lid, and treat the same as Peaches, allowing them to cook for 15 to 20 minutes.

*Grapes:* Select a fleshy grape, such as Hanepot and Barbarossa, and remove the berries from the stalks. Pack into clean tins, and fill to within half an inch of the lid with a medium syrup. Treat the same as Peaches and cook ten minutes.

*Apples:* Pare, core, and quarter the apples, then treat the same way as Pears, and sterilise about 20 minutes.

*Pineapples:* Pare the pineapples, carefully remove the eyes, then cut into half-inch slices and remove the core. Pack into clean tins, fill up with a heavy syrup, then treat the same as Peaches, allowing 15 to 20 minutes for cooking.

*Soft Fruits*, such as Berries of all kinds : Remove the stems, put into a preserving pan, with a very little water and cook gently for a few minutes, then fill into tins and cook for 12 to 20 minutes.

## VEGETABLES.

In canning vegetables in tins, exactly the same directions are followed as canning in glass jars. After the tins have been filled with the vegetables, the lid is soldered on in the same way as directed under "Fruits" (see Peaches), then put into boiling water for five minutes in order to drive out or expel any air inside the tins, and then the little vent hole is soldered up. The tins are then returned to the boiler or steriliser and cooked for the length of time prescribed for each vegetable under " Bottled Vegetables."

# Chapter V.

## Preserves or "Konfyt"

The term Preserves is generally applied to fruit left whole or cut in large pieces, cooked with from three-fourths to its whole weight of sugar, water being used in varying quantities, according to the nature of the fruit.

The difference between canned fruit and preserves is that the one is done in a light syrup and the other in a heavy syrup. It is due to this heavy sugar solution that germs or bacteria cannot thrive in preserves, hence they do not spoil as readily as canned fruits. For that reason, too, it is not so imperative to use the same amount of care in securing perfect freedom from germs in the way of sterilising jars, covers, etc., and whereas the Atlas and Mason jars are unsuitable for canning purposes, they may be all right for preserves.

### GENERAL RULES FOR MAKING PRESERVES.

Fruit for making preserves or Konfyt should be on the green side, and should be perfectly sound and free from all blemishes. Any bruised spots or defective portions may be cut out and the fruit used for jam or jelly. After fruit has been peeled drop into cold water made slightly acid or salt, which will prevent discoloration.

In making preserves, fruit will be found to retain its shape and colour better when done in small quantities and when cooked fairly rapidly. Soft, juicy fruits,

however, should be dropped into thick boiling syrup and allowed to simmer gently until cooked through, but not long enough to break them. Watermelon and fig preserves require long, gentle cooking in the syrup after having been parboiled in water.

In the case of thin-skinned juicy fruits that are liable to break in long cooking, a method commonly used is to pour the boiling syrup over them for three successive days, allowing them to stand in the syrup. The syrup on the second and third mornings is poured off, re-heated, and poured over the fruit. This method, however, cannot absolutely be relied upon, as fruit is apt to ferment.

In preserving fruit, only the best quality sugar should be used. The addition of dried ginger root or cinnamon bark is agreeable, while a little lemon juice or tartaric or citric acid helps to counteract the tendency of crystallisation.

The best saucepans to use are porcelain-lined or enamelled ones—round enamelled basins will be found to be excellent for preserving purposes. For stirring use a wooden or enamel spoon.

After fruit has been filled into the jars, a round piece of white parchment paper dipped into brandy or alcohol is often placed on top in order to prevent any germs or moulds, which may have settled on top, from developing. Preserves should be filled into sterilised, dry jars (see Sterilisation), and stored in a cool, dry place.

Sometimes blue vitriol or copper sulphate is added to preserves to make the fruit retain its green colour. This practice is to be strongly discouraged, as blue

vitriol is a deadly poison, and, although it may not prove injurious at the time of eating, the effect is bound to be harmful in time.

## PRESERVED MANGOES.

Use green mangoes. Chop them through lengthwise, then peel thinly. Make a syrup of sugar and water, allowing one pound of sugar to every pound of fruit, and a pint of water to every pound of sugar. When syrup boils, drop in the fruit and boil until mangoes are clear and transparent. Then fill into dry, sterilised jars and seal tightly.

## APRICOT PRESERVE.

Select firm, ripe apricots, wipe them carefully with a cloth, divide them and take out the stones, or leave them whole. Steep overnight in a solution of lime and salt water, using one tablespoonful lime and two tablespoonfuls salt to every six pints of water. Allow one pound of sugar to every pound of fruit. Make a thick syrup of sugar and water, using equal proportions, put in the apricots rinsed in fresh water, and then allowed to dry slightly in the sun, and cook fairly rapidly until clear and transparent. Then fill into jars, adjust rubbers, and screw down lids tightly.

## GREEN APRICOT PRESERVE.

Wipe apricots with a cloth, prick them with a darning-needle or fork, and lay in a basin of cold water, to which salt has been added, using about two tablespoonfuls salt to three quarts of water. Leave them overnight, then drain and rinse in fresh water and

cook for about 10 minutes in fresh water. Make a heavy syrup of equal quantities sugar and water, allowing a pound of sugar to every pound of fruit. Drain the fruit from the water, then add apricots to the boiling syrup and cook for about an hour or until the fruit is nice and clear. Then fill into dry, sterilised jars, and seal tightly.

## CITRON PRESERVE.

Follow the directions for Pompelmoes Preserve, leaving in fresh water for seven to eight days.

## PRESERVED CUCUMBER.

Three large cucumbers, sugar, water, lemons, whole ginger. Wash the cucumbers, put them into a strong brine, cover, and set aside for five days. Drain and wash in cold water and put them into a saucepan, cover with salted water, put on the lid and allow to stand over a slow fire until the cucumbers are nice and green, then remove from the fire and leave until cold. Quarter each cucumber, remove all the pulp and seeds, and allow the pieces to stand in a pan of cold water for two days, changing the water twice a day. To every pound of cucumber allow one pound of sugar, two cupfuls of water, and the thinly pared rind of one lemon and two or three pieces of slightly bruised whole ginger. Boil the sugar, water, ginger, and lemon rind together for 10 minutes, then put in the pieces of cucumber, allowing them to remain for two weeks. Every two or three days pour off the syrup and re-boil it, each time adding a little more sugar, so that at the last a thick, strong syrup is obtained. Be careful always to have the syrup quite cold before pouring it

again over the pieces of cucumber. At the end of the two weeks put the cucumbers and syrup into sterilised jars and cover.

## GREEN FIG PRESERVE.

Select firm, well swollen-out figs, make an incision on the top of each with a sharp knife in the form of a cross, and steep them overnight in brine, using 2 tablespoons of salt to every 6 pints of water. Next day rinse thoroughly in fresh water and boil for half an hour or more until quite tender, then drain from the water. Make a syrup of sugar and water, using the water in which figs have been boiled, and allow the same weight of sugar as fruit, and 3 cups water to every cup of sugar. Put figs into the boiling syrup, together with a piece of stick cinnamon, and allow to cook fairly rapidly for a couple of hours, or until the fruit looks clear and transparent.

If liked, figs may be pared thinly. Another way is to make a solution of boiling water and washing soda, in the proportion of ½ taplespoon soda to about 2 quarts of water, to which add ½ tablespoon salt. Boil the figs in that until tender, then drain off the water, and cook in syrup as above.

## RIPE FIG PRESERVE.—I.

Peel figs thinly, then leave overnight in a salt water solution, using one tablespoonful to about three pints of water. Next day rinse well in clear water, and prick with a darning-needle, then drop into a thick boiling syrup, made of sugar and water, allowing four pounds of sugar to every five pounds of fruit, and one cup of water to every cup of sugar. Cook until figs

look clear and transparent. Instead of salt water, figs may be steeped for one hour in limewater, using 1 tablespoon lime to 6 pints water.

## RIPE FIG PRESERVE.—II.

Peel off the skin, then put in the sun where there is no dust flying about, and leave until slightly dry. Then drop into a thick boiling syrup, using the same proportions as in the preceding recipe.

## PRESERVED GREEN GINGER.

Pour boiling water on to ginger and allow to steep for a fortnight, changing the water every morning and evening. Then boil in two lots of fresh water until tender, remove the outer skin by rubbing or scraping it off with a sharp knife. Make a heavy syrup of equal parts of sugar and water, then cook the ginger in it until clear and transparent. Pour into sterilised dry jars, adjust the rubber rings and lids and seal tightly.

Another way is to cook the ginger in the syrup for 2 or 3 hours the first day, then put aside and repeat the next three or four days.

## GOOSEBERRY PRESERVE.

Prick the berries with a needle, weigh, and allow the same amount of sugar. Then cook the gooseberries in very little water until tender, drain carefully, and strain the water, to which add the sugar, allowing 1 cup of water to every 3 cups of sugar. Cook the berries in this heavy syrup until clear and transparent, then pour into dry sterilised jars, adjust the rubber rings and lids, and seal tightly.

## GREENGAGE PRESERVE.

Place the fruit in a wire basket or a piece of butter-muslin and immerse in boiling water. When the skins loosen remove them from the water and peel them. Weigh the fruit and allow one pound of sugar for every pound of fruit. Place the fruit in alternate layers with the sugar in a basin and allow to stand until the following morning. Next morning draw off the juice which has formed, boil it, and remove all the scum that rises. When syrup is quite clear, add the fruit and cook gently for about half an hour, or until fruit is clear and tender. Remove the fruit and boil the syrup until it is as thick as desired, return the fruit to the syrup, bring again to boiling point, then fill into dry, sterilised jars.

## GREEN GRENADILLA PRESERVE.

Peel the fruit thinly, then prick with a darning needle and leave in slightly salted water for 24 hours, after which leave in fresh water for 3 days, changing the water each day. Put on the fire and bring to boiling point, then drain and put into fresh boiling water. Cook until tender, then remove and add to boiling syrup, made of equal parts of sugar and water, allowing a pound of sugar to a pound of fruit.

## LEMON PRESERVE.

Follow the same directions as for Orange Preserve.

## NAARTJE PRESERVE.

Take small firm naartjes, then grate or peel very thinly. Make four incisions in the sides, and place in fresh water for three days and nights, changing the

water twice daily. Boil in fresh water until quite tender, then drain. Make a syrup of two parts of water to one of syrup, allowing the same amount of sugar as fruit; add the fruit to the boiling syrup and cook for several hours until clear and transparent. Put into dry sterile jars, adjust the rubbers and lids, and seal tightly.

Another way is to cook the naartjes the first day for one or two hours in the syrup, then to put aside until the next day and cook again for an hour or so, the same process to be repeated the third day.

## ORANGE PRESERVE.—I.

Peel off the yellow rind thinly, rub with salt, and leave for half an hour. Then pour boiling water over, and when cold make a few incisions in each orange and press out the seeds. Put into fresh water and leave overnight. Next day cook for about 15 minutes, remove from water and put into boiling syrup, using the same weight as fruit, and two cups of water to every cup of sugar. Cook for about 3 or 4 hours until fruit is clear and syrup thick. Oranges may be cut in half if desired.

## ORANGE PRESERVE.—II.

Grate the rind of the oranges and lay the fruit in cold water for three days and nights, changing the water each day. Make four incisions in the side, and gently press out the pips. Put oranges into boiling water and cook until tender. Make a syrup of sugar and water, allowing the same amount of sugar as fruit, and two cups of water to every cup of sugar. Put the oranges into the syrup after they have been drained

from the water and cook gently for 3 or 4 hours or until they are quite clear and transparent. Fill into the jars, and, when cold, put on covers securely.

## SLICED ORANGE PRESERVE.

Take Navel Oranges and cut into rounds half an inch thick, cover with water, and allow to stand until next day, then cook until tender. Lift the slices gently out of the water without breaking, strain the water and make a heavy syrup by adding the same amount of sugar, then cook the slices in the syrup until clear and transparent. Put into dry sterile jars, adjust the rubbers and lids, and seal tightly.

## PRESERVED WHOLE PEACHES.

Peel very thinly some "Clingstone" peaches, prick slightly with a darning-needle, and leave for a few hours in a salt water solution, using one tablespoonful salt to every three quarts (or six pints) of water. Then rinse the peaches in fresh water. Allow six pounds of sugar to every five pounds of fruit, put into preserving pan, the bottom of which has been rubbed with a little butter, alternate layers of fruit and sugar, then pour about 1½ cups of water over. Bring gently to the boil, and cook rather quickly for an hour, then let it simmer very gently until the syrup is thick and the fruit transparent. While fruit is cooling, a little bruised ginger tied in a muslin bag may be added for flavouring.

## PEACH PRESERVE.

Peel the peaches thinly, cut in halves, and remove the stones. For every ten pounds peaches allow eight pounds sugar. Put the fruit into the preserving pan

oiled with a little butter, cover with sugar, and continue in layers until all the fruit and sugar have been used. Let stand overnight, and the following morning bring to boil very gently, and cook until the peaches are tender and syrup thick, then put into dry, sterilised jars, and when cold screw down lids tightly. For flavouring, a little bruised ginger tied in a muslin bag may be added while preserves are cooking, or a few cracked peach kernels.

## POMPELMOES PRESERVE.

Peel fruit thinly, rub with salt, and leave for half an hour, then pour boiling water over. When cold make incisions in the sides and press out the seeds. Put into fresh water, and leave for at least five to seven days, changing the water twice a day, and squeezing each time. Then cook as Orange Preserve.

## QUINCE PRESERVE.

Pare and core the quinces, then cut them into halves or quarters. After paring, drop at once into cold water into which a little lemon juice has been squeezed, which will prevent them from discolouring, or, in the absence of lemons use salt water. Cook the quinces slowly in sufficient boiling water to cover them until they are tender enough to be pierced with a reed. Then drain off the water, and add the peel, cores, and pips to the water. Let boil together slowly for half an hour, then strain through a double thickness butter-muslin, and for every cup of liquid allow one cup of sugar. If to be clarified, use the white and shell of an egg and follow directions for "Clarifying Syrup." Bring syrup to the boil, add the quinces, and cook

gently until the fruit is thoroughly preserved. Fill into dry, sterilised jars, and screw the lids down tightly.

## STRAWBERRY PRESERVE.

Use equal weights of sugar and strawberries. Pick over, wash, drain, and hull the strawberries. Make a thick syrup, allowing 1 cup to every 3 cups sugar, add the strawberries and cook 10 to 15 minutes.

## TOMATO PRESERVE.

Use small, firm, yellow or red tomatoes, and allow one pound sugar to every pound of fruit; prick them with a darning-needle, and then steep them for 15 or 20 minutes in a solution of salt water, using a tablespoonful of salt to every three quarts (or six pints) of cold water, or lime-water, allowing 1 teaspoon lime to that amount of water. Rinse the fruit in fresh water, and drain thoroughly. Rub the bottom of preserving pan with a little butter, pour in about half a cup of water, then put in a layer of fruit and cover with sugar. Continue until all the fruit and sugar have been used. Bring slowly to the boil until sugar is thoroughly dissolved, then cook fairly rapidly for about two hours, or until fruit is transparent. During the cooking add a few pieces of bruised ginger tied in a piece of muslin. A little lemon juice may also be added.

## WATERMELON PRESERVE.

Take the peel of a ripe watermelon. Peel off the green outer rind and remove most of the pink portion of the fruit on the inside. Prick each piece thoroughly

with a fork, then cut into the desired shapes. Steep the rind for 12 hours in a solution of lime-water, using one tablespoonful of lime to every three quarts (or six pints) of cold water. Then rinse the peel thoroughly in fresh water, drain, and boil in water gently for about half an hour. In the meantime dissolve the sugar in boiling water, allowing six pounds of sugar to every five pounds of peel and three cups of water to every cup of sugar. Add the peel drained from the water and cook gently until the peel is clear and transparent. While fruit is cooking two ounces bruised whole ginger or stick cinnamon, tied up in a muslin bag, may be added for flavouring.

## KAFFIR WATERMELON PRESERVE.

Treat the same way as Watermelon Preserve, excepting that after being removed from lime-water and thoroughly rinsed in several waters, the peel should not be parboiled but dropped straight away into boiling syrup and allowed to cook gently until clear and transparent. If liked a small piece of alum the size of a large pea may be added to give it the desired crispness.

## PRESERVING FRUIT WITHOUT HEAT.

The following method is suitable for strawberries or peaches. Prepare the fruit, and pack into sterilised jars as tightly as possible, without crushing it. When jars are about half full, fill up all the crevices with sugar, then fill the jars to the tops with fruit and add all the sugar that can be shaken into them. Put on the rubbers and screw on lids tightly, then bury the jars in the ground. The earth should be three inches above the tops of the jars. Allow to remain three months in the ground before using.

# Chapter VI.

## Jams, Marmalade, and Fruit Honeys; Fruit Pulp and Purée.

The term "jam" is generally applied to fruit cut up in small pieces or mashed into a pulp, cooked with from three-quarters to its whole weight of sugar. Jam made from equal weights of fruit and sugar is always more reliable as far as the keeping quality is concerned, than that made from a smaller proportion of sugar. "Marmalade," in this country, usually signifies citrus fruits cut up into thin shreds. In America the term "marmalade" is applied to any kind of fruit treated in the same way as "jam," excepting that the fruit is rubbed through a sieve in order to remove the seeds.

In making jam it is a good plan to rub the bottom of the preserving pan with a little oil or butter, which will prevent fruit from burning; while it has also been found that if a little butter, say a tablespoonful, is added to jam while cooking, mould is prevented. Jams and marmalade will be found to be much better in quality if fruit is allowed to simmer gently until quite tender before adding the sugar. This is especially important in the making of jam from hard fruits, such as the quince, and also citrus marmalades. The latter should cook for at least 3 to 4 hours before the sugar is added, as the peel is exceedingly tough, and the sugar will tend to harden it.

If jam is boiled for too short a time, it will neither set firmly nor keep well, while if, on the contrary, it is cooked too long, it will become sticky.

All scum should be removed as it rises. When no more scum appears, put a drop or two of jam on a cold plate, and if at the end of a minute or two it has become too stiff to flow freely, it is cooked enough.

## BOTTLING OF JAM.

The jars into which jam is filled should be *perfectly dry*, and if any drops are spilt on the edges they should be wiped off at once with a cloth dipped in hot water and well wrung out.

The jam can either be covered whilst *boiling hot* or left until *perfectly cold*. The former method is to be preferred, as it is more reliable, but the bottles should either be left upside down, or a piece of parchment paper placed on top, otherwise the condensed steam dropping on to the top of the jam will produce mould. A common practice, too, is to put a circular piece of white paper dipped in brandy on top.

## TO STERILISE JARS.

After having been thoroughly washed and cleaned, place in a moderately hot oven, resting them on sheets of newspaper. If oven is very hot place newspaper over tops of jars, or leave the door open.

## METHODS OF SEALING ORDINARY BOTTLES.

In bottling jam it is not necessary to use the same amount of care in having the jars absolutely air-tight, as it is in canning fruit or vegetables, as such a high

percentage of sugar is used that the sugar acts as a preservative, and provided the jam is cooked sufficiently and stored in a dry, cool place, there ought to be no trouble with mould or fermentation. It is therefore useful to know how to make use of ordinary bottles, especially in these days when the cost of vacuum jars is very high, and the following, taken from a Bulletin on "Fruit and Vegetable Bottling" by Vincent and Georgiana Banks, published in England, will prove valuable :—

## MUTTON FAT FOR SEALING.

"Clarified mutton fat is a very old-fashioned material for sealing, and is quite good if carefully done, but if the bottle is shaken during the cooling, it does not stick to the glass, and when cold the juice will be seen oozing up round the edge. Some complain that the fat occasionally mixes with the fruit; this can be got over by cutting paper to fit inside the neck of the bottle, and dipping the paper in the melted fat with a pair of scissors, and laying it directly on top of the water. Dipping it in the hot fat makes the paper waterproof and sterilises it at the same time. After the paper has been put in, pour fat on top of it to about ¾ to 1 inch thick, and stand it aside until next day. Only do one bottle at a time, and do it as quickly as possible. Do not pour the fat on if fumes are rising from it, as it is then too hot and will splutter. If a speck of juice shows through the next day, gently scrape it and pour another thin layer over the top; this usually puts things right. Tie down with ordinary paper to keep the dust away, and store.

## SALAD OIL FOR SEALING.

Another inward seal is salad oil. Make it just hot and pour it about ¾ of an inch, and tie over with paper

to prevent its spilling. To remove the oil before using the fruit, get a basin and give the bottle a sharp twist, when nearly all the oil will fall into the basin and can be saved. To get the few remaining drops of oil away a piece of cotton wool will absorb it readily.

## CORKS FOR SEALING.

Corks are the next inward seal. Put them into the bottles with some sort of greaseproof paper under them. They should be well scalded first, and then driven firmly in. Trim away any roughness or paper from the top, and paint over with—or better still dip into—some melted bottle wax, paraffin wax, or resin, so as to close up all pores and fill in the junction between the cork and bottle's neck.

## BLADDER FOR SEALING.

Passing now to the outward seals, the first place must be given to the old-fashioned bladder. It is quite waterproof, and consequently the bottles may be moved about freely if necessary. Cut the bladder to the required size and soak it in cold or tepid water, wipe it and stretch it tightly over the bottles, and tie it down very tightly.

## VEGETABLE PARCHMENT FOR SEALING.

There is also vegetable parchment, but the best is not nearly so good now as it was a few years ago, so we have to give it help. First damp and wipe the parchment dry—this makes it soft and pliable. Then tie it very tightly over the bottle, and to strengthen the parchment and fill up the pores, either gum it all over and all round, brushing it over with starch or flour and water paste, or white of egg, or ordinary painters varnish, in fact, anything that will close up the pores and strengthen the parchment.

## PAPER FOR SEALING.

Ordinary paper may be used, but it should not be too thick. Paper from a writing pad is quite good, but three layers of it are necessary; cut two pieces to come well down round the neck and one just to cover the top. Now make some flour and water paste, or mix some starch fairly thick, or get a bottle of gum, and press the first pieces of paper on to the bottle so as to get the size; then paint it all over, except the centre, with some of the seal stuffs mentioned, and press firmly round the neck of the bottle. Then take the small piece of paper and paste that all over and press it over the top. Lastly, paste the third piece over and press firmly over all, and paste the outside of the paper to finish off. This may read rather a long process, but it is not so really. The details have been given purposely, as when once you have acquired the habit you can almost go about it blindfold. Another way is to mix a little paste with flour and cold water to the consistency of thick cream, brush it evenly over, and use the three layers of paper, putting each one on separately.

## RESIN, TALLOW AND WAX FOR SEALING.

Another excellent way is to get 1 lb. of resin, 2 ozs. tallow, 2ozs. beeswax, and melt them all together. Then get some stout cloth or linen and cut it to the required size and paint the mixture freely on; it will set quite hard. A large number may be done at one time and stored away, ready for use at any time. All that is required is to place one over the bottle as soon as it is taken out of the pan or oven, when the heat from the bottle will soften the mixture. Press the seal firmly round the bottle, tie round, and it will set and stick quite fast. This method has the great ad-

vantage over all the other seals that it can be prepared beforehand. Should a drop of the resin fall into the water it sets and floats on the top and does not matter, but this may be avoided by cutting a small piece of paper and laying it across the bottle before pressing the seal on. A good way to melt the resin, tallow, and beeswax together is to put them into a jar, and the jar into a pan of water before putting it on the fire.

## APRICOT JAM.

Wipe the apricots with a damp cloth, then divide in halves. Weigh and allow the same weight of sugar. Put the fruit into the preserving pan (a big enamel dish will be found to be excellent for jam and preserves), cover with the sugar and leave overnight. Next day put on a slow fire, and with a fish-slicer gradually keep turning the fruit over and over until all the sugar has been melted, then cook rapidly for about 30 to 40 minutes, or until jam is clear and transparent. Pour into dry, sterilised jars. A few kernels added to the jam will improve the flavour.

*Note.*—If apricots are washed without drying thoroughly, the jam will be thin and will ferment readily.

It is not necessary to leave apricots overnight, and if liked may be cooked straight away.

## BANANA JAM.

12 large bananas, 4 oranges, 2 lemons, sugar. Peel the bananas, which should not be too ripe, then cut into round slices. To each pound of bananas add ¾lb. sugar, the strained juice and pulp of the oranges and lemons. Cook fairly rapidly until done, when the jam will be clear and transparent.

## BLACKBERRY JAM.

Follow the same directions as for strawberry jam.

## CARROT JAM.

Wash and scrape 2lb. of carrots, then cut them into dice or thin strips. Put into a saucepan with just enough water to prevent from burning, and cook until tender, then add 3 lemons cut into thin slices, and 2lb. sugar. Cook together for three-quarters of an hour, then pour into dry sterilised jars.

## CAPE GOOSEBERRY JAM.

Free gooseberries from hull and stem and put into preserving pan with a little water, just enough to prevent them from burning. Simmer for about half an hour, then add sugar, allowing one pound of sugar to every pound of fruit. Cook until the jam jellies and is a nice golden colour.

## GREEN FIG JAM.

Cook figs in water until tender, then drain and put through a mincing machine. Weigh, and to every pound of fruit add one pound of sugar. Cook fairly rapidly for about an hour or until jam is clear and transparent. If liked bruised ginger may be added. The jam must be stirred frequently during cooking, as it is very apt to burn.

## RIPE FIG JAM.

Put figs through a mincing machine, weigh, and to each pound of fruit add $\frac{3}{4}$lb. of sugar, then treat the same way as "Green Fig Jam."

## GRAPE HONEY.

Stem and wash 8lb. grapes, then drain them and put them into a preserving pan with two cupfuls of water.

Cook until soft, rub through a sieve, or force through a fruit press and add an equal amount of sugar to the pulp. Boil hard for about 25 minutes, or until when tested in a saucer it will form a jelly, then pour into dry sterile jars.

This is a useful recipe for utilising grapes spoilt by hail. Green grapes may be used as well, giving a nice tart flavour, which is very agreeable when served with sweet puddings.

Jam-Making and Preserving.

## GRAPE JAM.—I.

Hanepot grapes are the best. Rinse the grapes in cold water, after having been removed from the stems, drain, then weigh, and to every pound of grapes add ¾lb. sugar. Cover the grapes with the sugar and leave until next day, then put on a slow fire, and keep on stirring until all the sugar grains have been dissolved. Cook fairly rapidly until jam is thick and clear.

To remove the seeds, the best way is to halve the grape, after being washed, and then to take them out.

## GRAPE JAM.—II.

Weigh the grapes, after having removed them from the stems, and allow three-quarters of a pound of sugar to every pound of fruit. Rinse the grapes in cold water, then add just enough water to prevent them burning, and cook for about 10 or 15 mnutes, until the seeds come out easily. Skim out the seeds carefully, or rub through a sieve that is fine enough to hold back the seeds. Put the water, skins, and pulp into the preserving pan and heat slowly to boiling point. Skim the fruit, then add the sugar, and let boil for fifteen minutes.

## GREENGAGE JAM.

Cook the same way as Plum Jam. The fruit is best when still on the green side.

## GUAVA JAM.

Peel the fruit, cut into pieces, and cook in a very little water until tender. Rub through a sieve, then add the same amount of sugar as pulp, and cook rapidly for about 20 to 30 minutes, or until it jellies when tested in a saucer.

## MUSK-MELON OR SPANISH MELON JAM.

To every 10 pounds melon allow five pounds sugar, seven or eight lemons, and bruised ginger. Peel off the outside rind, then cut the melon into dice, or put through a mincing machine, and cover it with the sugar. Leave overnight, and the next day put it on the fire and bring it gradually to the boil. Peel the lemons very thinly, and cut the peel into fine shreds, add to the melon, together with the juice of lemons. Cook until the melon is clear and the syrup begins to thicken. The melon should be a ripe one. (Kaffir or ordinary water-melon can be used the same way).

## MULBERRY JAM.

Follow the directions for Strawberry Jam, using equal weights of sugar and fruit.

## PEACH HONEY.

Pare, stone, and weigh the peaches, and to every four pounds of fruit allow one pound of sugar and one lemon. Place the fruit in the preserving pan and heat very slowly, without adding any water. When it is quite soft press the peaches through a fine sieve, return the pulp to the fire, add the sugar, and boil for about 20 minutes. Just before removing from the fire add the lemon juice.

## PEACH JAM.

Use "Clingstone" peaches—the common yellow peach is the nicest for flavour. Peel and cut into chips or thin slices, then put into preserving pan with just

enough water to prevent from burning—about one cupful, and allow to simmer very gently until soft and tender. Then add sugar, allowing three-quarters of a pound of sugar to every pound of fruit. Cook rapidly until jam is thick and clear. A pinch of salt will be found to improve the flavour. Pour into hot sterilised jars, and cover tightly. If peaches are very sweet, 6 lbs. of sugar may be used to every 10 lbs. fruit.

## PINEAPPLE JAM.

Pare and remove the eyes from the pineapple, then grate them or put through a mincing machine. Allow two-thirds its weight of sugar. Cook the pineapple until clear, then add the juice of a lemon for each pound of fruit, and the sugar. Cook rather quickly until the jam is transparent and a nice golden colour.

## PINEAPPLE AND VEGETABLE MARROW JAM.

One pineapple, six pounds vegetable marrow, 4½ pounds of sugar, salt. Peel the vegetable marrow and cut into two-inch squares, then leave overnight in salt water, allowing one tablespoonful salt to six pints of water. Next morning, drain and dry them, put in a preserving pan, together with the sugar and pineapple, which has been peeled and the eyes removed, then cut into small squares or grate it. Cook until clear, which will take about two hours. Pour into dry, sterilised jars, and when cold seal tightly.

## PLUM JAM.

Cut the fruit off the pips, weigh and put into the preserving pan. Add the same weight of sugar and put over the fruit, then leave until the next day, and

cook fairly rapidly, after the sugar has been dissolved, for about 40 minutes, or until when tested in a saucer the jam will set.

## QUINCE BUTTER.

Take ripe quinces, rub off the down and clean thoroughly, cut in quarters and remove the cores. Put them into a casserole dish, and add just enough water to barely cover them, then put on the lid and cook in the oven until quite tender. If preferred they may be cooked gently in a saucepan until soft, then rub through a sieve and weigh the pulp. Add 1lb. sugar to each pound of pulp, and heat gently until the sugar is thoroughly dissolved, stirring all the time to prevent the mixture from burning. Cook for about an hour.

## QUINCE CHIPS.

Pare, quarter, and core ripe quinces, cut each quarter into small chips, weigh, and to each pound of fruit allow one pound of sugar. Put the fruit into a preserving pan, cover with boiling water, and boil quickly until tender, then drain. Return the quince chips to the preserving pan, add the sugar and one cupful of the water in which the quinces were boiled. Cook until a nice rich, red colour and transparent, then put into dry, sterilised jars (see Sterilisation), and when cold seal tightly.

## QUINCE HONEY.

Pare and grate five large quinces, removing the core, or put through a mincing machine. To one pint boiling water add five pounds sugar. Stir over the

fire until sugar is dissolved, then add quinces, and cook about twenty minutes. Turn into glasses, and when cold screw on the covers tightly. It should be about the colour and consistency of honey. Other fruits may be used the same way.

## QUINCE JAM.

Pare and core quinces, then cut into thin slices, or put through a mincing machine. Put into a preserving pan with just enough water to prevent the fruit from burning, and allow it to cook gently until tender. Add the sugar, allowing an equal weight of sugar to fruit. Preserve fairly quickly until jam is clear and transparent.

## RHUBARB AND FIG JAM.

One pound dried figs, four pounds rhubarb, three pounds sugar, one lemon, one ounce almonds. Wash and peel the rhubarb, then cut into one-inch pieces and cook for 15 minutes with just enough water to prevent it from burning. In the meantime allow the figs to soak in cold water, then chop up finely, or put through a food chopper, together with the almonds. Add these to the rhubarb, together with the strained juice of the lemon, and cook for about 45 to 60 minutes, then fill into hot, sterilised jars (see Sterilisation), and when cold seal tightly.

*Another Method.*—Wash and peel the rhubarb, then cut into one-inch pieces, and put in a basin and cover with sugar. Allow to stand overnight, and the next morning add chopped up figs and almonds, also strained lemon juice, and simmer gently for about 45 to 60 minutes.

## RHUBARB AND PRUNE JAM.

Four pounds rhubarb, two pounds prunes, two lemons, four pounds sugar. Wash the prunes, then soak them overnight in sufficient cold water to cover. Wash and peel the rhubarb, then cut into small pieces, cover with the sugar, and let stand overnight. Next morning put rhubarb on the fire, together with prunes and the water in which they have been soaked, and lemons cut into quarters. Allow to simmer for one hour, then remove the lemons and fill into hot, sterilised jars. When cold seal tightly.

## STRAWBERRY JAM.—I.

Choose firm, ripe strawberries, allowing three-quarters of a pound of sugar to every pound of fruit. Remove the stalks from strawberries, put the fruit together with sugar in preserving pan, and leave overnight. Next day, put over a slow fire and stir constantly until all the sugar grains have been dissolved, then cook briskly for about an hour, until syrup is thick.

## STRAWBERRY JAM.—II.

Remove the stems from strawberries, place them in a colander and wash thoroughly in cold water. Then put them into the preserving pan with alternate layers of sugar, using equal weights. Leave overnight and the next morning, when strawberries have risen to the top of liquid, remove the fruit carefully with a scoop or ladle, then boil the liquid to a thick syrup, add the strawberies, and cook gently for 15 minutes.

### VEGETABLE MARROW JAM.

Three pounds vegetable marrow, three pounds sugar, one ounce ground ginger, two lemons. Peel the vegetable marrow, remove the pips, and cut into pieces about two inches long or into chips. Put into a preserving pan, add the strained juice of the lemon and the lemon rinds cut very thin, the sugar and the ginger, which should be tied in a piece of muslin. Boil until clear, which will take about an hour. Pour into sterilised jars, and when cold seal tightly.

## MARMALADES.

*Points to Remember in making Marmalade:—*

1. The white membrane of the Sweet Orange does not cook transparent, and therefore if a clear marmalade is desired the yellow rind should be peeled off thinly and the white membrane discarded.

2. The pips and white membrane contain a lot of jellying substance called "pectin," hence the reason for soaking beforehand, before discarding them, in order to extract that jellying property.

3. The white membrane of the Seville or Bitter Orange, Shadock, Grape Fruit, and Pompelmoes cooks clear and transparent, so need not be removed.

4. It is important in making Marmalade of any kind to cook the fruit and water for at least 3 to 4 hours before adding the sugar, otherwise the rind will be tough and hard, and no amount of cooking will soften it.

## ORANGE MARMALADE.—I.

To one pint of finely-sliced oranges add two pints cold water and let it stand overnight. Cover the seeds, core, and all tough membrane or fibre with some of the water in a separate bowl. In the morning strain the liquid off the seeds into the bowl containing oranges, boil an hour, and let stand again until the following day. Put oranges on the fire and cook gently until tender, which will take several hours, then weigh and add sugar, allowing pound for pound, stir until dissolved, and boil one hour, or until marmalade, when tested in a saucer, forms a jelly. Put into jars, and when cook, screw on covers tightly.

## ORANGE MARMALADE.—II.

Peel off the yellow rind of oranges very thinly, with as little of the white membrane as possible, and cut up into fine match-like strips. In a separate bowl put all the seeds and white membrane, and with the yellow rind put the cut up pulp of fruit. Weigh the fruit, and to every pound add a pint or two cups of water; cover also the seeds and membrane with water. Leave overnight, and the next day boil up contents of both bowls separately, then strain the water from the seeds and membrane into the fruit and water, and again leave until the next day. Measure, and to every cup allow a cup of sugar. Put fruit and water into a preserving pan and cook gently for three or four hours, or until the rind is quite tender, then add the sugar and cook fairly rapidly for about an hour and a half, or until marmalade, when tested in a saucer,

forms a jelly. One or two lemons cut up finely and added to the oranges will greatly add to the flavour.

## SEVILLE OR BITTER ORANGE MARMALADE.—I.

Slice the fruit *very* finely, either by hand or through a machine. Put the pips in a separate basin and cover with ½ pint water. Weigh fruit and allow 3 pints water to 1lb. fruit. Leave overnight, and next day boil till tender, adding water strained from the pips. Boil till the white pith is quite transparent and tender enough to pierce with a match or head of a pin. Stand overnight. Weigh the pulp, take an equal quantity of sugar, and boil together till it jellies (about ¾ hour), skimming and stirring from time to time.

## SEVILLE OR BITTER ORANGE MARMALADE.—II.

Six bitter oranges, two sweet oranges, two lemons, six pints (12 cups) water, sugar. Wash and dry the oranges and lemons, then cut them into very thin strips, rejecting the seeds and tough membranes. Pour the water over the fruit and allow to stand for 24 hours. Boil until tender for two or three hours and let stand for another 24 hours. Now measure, and to each pint allow two cupfuls of sugar. Put fruit on the fire, bring to the boil, then add the sugar, and boil until clear, and, when tested in a saucer, will form a jelly.

## POMPELMOES MARMALADE.—I.

Cut up the fruit as thinly as possible, rejecting the seeds. To every cupful of fruit add two cupfuls of cold water and let stand overnight. Boil the fruit next morning until quite tender, and again let it stand until the following day. Bring the fruit to boil, then add sugar, using the same weight of sugar as fruit. Cook all together until it forms a jelly.

## POMPELMOES MARMALADE.—II.

Make the same way as Seville or Bitter Orange Marmalade I., but after the fruit has soaked overnight pour off the water and add fresh water.

## LEMON MARMALADE.—I.

To every lemon allow one pint of boiling water and three-quarter pound sugar. Cut up the fruit into very thin slices, rejecting the seeds. Pour over them the boiling water, and leave overnight. Next morning boil for about two hours, or until quite tender, then add sugar, and cook until it jellies.

## LEMON MARMALADE.—II.

After the fruit has been thoroughly washed, cut it up into fine shreds, taking out the seeds. Put the seeds in a basin. Weigh the sliced fruit, and to each pound add three pints of water, using some of the measured water to cover the seeds. Put aside to soak for 36 hours, then strain the liquid from the seeds on to the sliced fruit, and boil till tender. Leave until the next day, then measure or weigh again, and to every pound of fruit allow one pound of sugar. Put

the fruit on the fire and bring to boiling point, then add the sugar, and cook fairly rapidly for about 45 minutes or until it sets. As soon as it has reached the jellying stage, remove from the fire and pour into hot sterile jars.

### GRAPE FRUIT MARMALADE.

Follow the same directions as for Seville or Bitter Orange Marmalade I.

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## FRUIT PULP AND PURÉE.

Few housekeepers realise how very useful it is always to have on hand a supply of Fruit Pulp and Purèe. They are easily and quickly prepared, and can be utilised in a great variety of ways. The "Pulping" of Fruit" is particularly valuable on farms where large quantities of fruit are grown, as it generally happens that the fruit ripens all at once, and so cannot be taken care of. Then, again, it may happen that there is not enough sugar on hand, or there may be a scarcity of sugar just at the time of the fruit season, in which case the fruit can be "pulped" and afterwards converted into a first-class jam.

Fruit Pulp can be done in either of the following two ways :—

### FRUIT PULP—I.

Wash the fruit, then peel, pare, or scrape, as the kind of fruit requires, then halve, quarter, or slice, as desired, and remove any stones. Put into preserving pan and add very little water, then cook gently until the fruit is tender, then fill into tins or glass jars. In case of tins being used, solder on the lids, leaving the

small vent hole in the centre (see Chapter on "Canning in Tins"), if glass jars are used, put on the rubbers and adjust the lids, but do not tighten. Sterilise in a big saucepan or boiler of water in the same way as "Canned Fruits" for 20 to 30 minutes. In the case of tins, remove and seal the vent hole, and, in the case of glass jars, screw down the lids tightly or adjust the spring.

## FRUIT PULP.—II.

This is a similar process, but instead of cooking the fruit beforehand, it is packed straight away into the jars or tins, a little water is added, and the fruit is then sterilised in the same way as canned fruit.

Soft, juicy fruits may be packed into the jars or tins without the addition of water and heated in the canner or boiler until they sink down in their own juice, then filled up from extra jars and re-sterilised for a few minutes.

## FRUIT PURÉE.

To make Fruit Purèe, after the fruit has been prepared and cooked until tender as in "Fruit Pulp No. 1," it is mashed through a sieve, packed into the jars, and sterilised for 15 to 20 minutes.

## APPLE BUTTER.

Take apple purèe and cook until quite thick, stirring frequently with a wooden spoon, then add half its

weight in sugar and cook slowly until thick. Put into hot dry jars, and seal. If liked, the following spices may be added according to taste: Powdered cloves, powdered cinnamon or ginger, and grated nutmeg.

## APPLE AND QUINCE BUTTER.

Wash and rub off the down from quinces, then peel and core. Take an equal quantity apples and also peel and core them. Then take the parings and cores, cover with water, and cook for 30 minutes, then strain. Cut up the quinces and apples, and cook in the strained juice until tender, then rub through a sieve, add half its weight in sugar, and cook slowly until thick. Turn into hot dry jars and seal.

# Chapter VII.

## Jellies and Conserved or Crystallised Fruits and Fruit Pastes.

### FRUIT JELLY.

The jelly-making quality of fruit depends on the presence of a certain substance called "Pectin." When equal quantities of sugar and fruit juice are combined, and heated to boiling point for a short time, this pectin in the fruit gelatinises the mixture.

It is important that the jelly-maker should understand when this gelatinising agent is at its best Pectin is at its best when the fruit is *just* ripe, or when it *begins* to ripen. Soon after fruit is ripe the fermentative stage follows, when the pectin loses its gelatinising power, and the same results when the cooking of the jelly is continued too long. Therefore, it is of the greatest importance that the fruit should be *just ripe* or *underripe*, and that the boiling of the juice and sugar should not be continued too long. The shorter the time of boiling, the more pronounced will be the fruit flavour.

An acid fruit is the most suitable for jelly-making, although in some of the acid fruits the pectin is so small that it is difficult to make jelly from them. The fruits most desirable for jelly-making are the following, the best being given first: Quince, apple, Kaffir

watermelon, orange, grape, guava, strawberry, blackberry, raspberry, plum, pineapple, pear, peach. Some of these, however, are deficient in acid, such as the guava and Kaffir watermelon, and so it is necessary to add a little lemon juice or citric acid. On the other hand, fruits deficient in pectin, such as the peach, strawberry, apricot, etc., can be combined with those containing a higher percentage, and a very satisfactory jelly made.

*Points to be remembered in Jelly-making:—*

1. Juicy fruits, such as strawberries, mulberries, etc., should not be gathered after a rain, otherwise it will be difficult to get the juice to form a jelly owing to excessive moisture.

2. Jelly will be clearer and finer if fruit is simmered gently and not stirred during the cooking.

3. Too much sugar will cause jelly to crystallise, and will also make it soft and liquid. Fruit will contain more sugar in a dry, hot season than in a cold, wet one; therefore, instead of using equal quantities, only three-quarters of a pint of sugar should be used to one pint fruit juice.

4. If not enough sugar is used, the jelly will be tough.

5. Jelly must cook rapidly, but not hard.

6. Over-cooking produces a gummy consistency.

7. Crystallisation is due to stirring, too rapid cooking, too much sugar, or storing in a warm place.

8. Too much water in cooking the fruit will injure the quality of the jelly.

9. Jelly will be clearer if juice is allowed to pass through a heavy flannel or felt bag instead of muslin. The process can be simplified by turning the fruit into a colander or straining it through a piece of butter muslin and then through the bag.

10. Do not try to hasten the process of straining by mashing the fruit or forcing it through the bag.

11. In making jelly fruit is as a rule never peeled, as the skins contain a large percentage of pectin.

12. Fermentation is due to storing in a warm, damp place, or not being cooked sufficiently.

13. The best way to keep jelly is to pour hot melted paraffine wax on top after the jelly has been poured into the glasses, and then to adjust the covers. (Paraffine wax can be bought at any chemist, and a sixpence worth will cover several dozen jars.)

## HOW TO MAKE A JELLY BAG.

To make a flannel straining bag, take a square piece of white flannel (27 by 27 inches is a good size), fold it to make a three-cornered bag, stitch one of the sides, cut the top square across, bind the opening with strong, broad tape, stitch on this binding four tapes with which to tie the bag to a frame, or to the backs of two kitchen chairs, or to the legs of a chair turned upside down. (See page 100.) Put a bowl on the floor

Straining Jelly.

under the bag, then pour in the fruit juice. Before using the bag it should be thoroughly washed and scalded in boiling water.

## POINTS INDICATING A GOOD JELLY.

A good jelly should be bright and clear and of good colour. When removed from the glass or mould it should retain its shape, and when being cut with a spoon should make a clear, distinct cut, leaving the spoon clean; nor should it be too firm, but should be tender enough to quiver without breaking.

## HOW TO TEST FRUIT JUICE FOR JELLY-MAKING PROPERTY.

In order to test fruit juice for that gelatinising agent, "Pectin," it is necessary to obtain some denatured or pure alcohol. To carry out the test, after the fruit has been cooked in the water, as directed further on, until tender, and then strained, measure one dessert-spoonful of the juice into a glass, allow to cool, and then add one dessertspoonful alcohol. Leave for half an hour. If there is sufficient pectin present it will form into a jelly-like mass. If a large percentage of pectin is present it will appear in one mass or clot, which will indicate that a cup of sugar should be used to a cup of juice; but if the pectin does not slip from the glass in one mass, only three-quarters of a cup of sugar should be used to a cup of juice; and if the pectin is very thin and separated, only half a cup of sugar should be allowed to a cup of juice.

## HOW TO TEST THE JELLYING STAGE.

The best way is to use a spoon. Dip the spoon into the boiling mass and let it drop from the spoon.

Before the jellying stage is reached the syrup will run from the spoon, but as it gets near the stage, it will be seen to thicken and to drop off more slowly, until eventually the syrup will hang on to the side of the spoon in the form of drops or beads, when it is ready to be poured into dry jars, heated in the oven.

## APPLE JELLY.

In making apple jelly it is not necessary to peel the apples, but simply wash them, cut them up and remove the blossom end. Sour, juicy apples are the best, or crab apples. Add just enough water to barely cover the fruit—about 3 cups of water to each pound of fruit will be required for all hard fruits, such as apples, quinces, guavas, watermelon, etc., whilst for soft, juicy fruits, such as strawberries, mulberries, and grapes, very little, if any, water should be used.

Allow to cook until quite tender, keeping the lid of the saucepan on, then strain through a sieve or piece of butter muslin. If a nice, clear jelly is desired, it is necessary to strain the juice again through a flannel or felt jelly bag, otherwise the jelly will be cloudy; and for that reason, too, it is not advisable to mash the fruit or to try to hasten the process by forcing it through the bag.

After the juice has dropped through, measure it, pour it into an enamelled saucepan, and boil it for 15 to 20 minutes, being careful to remove any scum that may form. In the meantime take the sugar, allowing 1 cup of sugar to every cup of juice (as a rule the apple contains a lot of pectin, and therefore this is a safe proportion), put it into an enamelled basin in a moderately hot oven, and allow to warm through thoroughly,

stirring it every now and then. By heating the sugar a superior jelly is obtained, for if the sugar is added cold it reduces the temperature of the juice, and so will take longer to reach the jellying stage, thus darkening the product. Add the hot sugar to the juice and stir until thoroughly dissolved, then leave undisturbed and allow to cook rapidly until the jellying stage. It is difficult to say how long to boil, as it depends on the amount of pectin present and sugar used. Usually it takes from 10 to 20 minutes, but some fruits take even longer.

## APPLE AND GRAPE JELLY.

Cook together 4lb. grapes and 14 sour apples until tender, then drain through a jelly bag, and to each cupful of juice allow one cupful of sugar. Follow the same directions as for Apple Jelly.

If apples are pared, a much lighter jelly may be made, but a great deal of the gelatinising substance will be lost.

## GRAPE JELLY.

Pick over the grapes, wash them, and remove the stems. Put into preserving pan, heat to boiling point, mash, and boil 30 minutes. Then proceed as for Apple Jelly.

## GUAVA JELLY.

Cut guavas into pieces, put into preserving pan and cover with water. Cook to a pulp, then strain through jelly-bag, and put it back into the preserving pan. Allow three-quarters of a pound of sugar to every pound of fruit, and the strained juice of a lemon, then proceed the same way as for Apple Jelly.

## MANGO JELLY.

Use only green mangoes for making jelly. Cut up the fruit into pieces, cover with water, and boil until tender, then strain. Measure the juice and allow equal measures of sugar, then follow the same directions as for Apple Jelly.

## ORANGE JELLY.

Slice up the fruit, and to every pound add three pints of water. Let stand overnight, and the following day boil for two or three hours. Strain through a flannel or felt jelly-bag. Measure the liquid and allow one cup of sugar to every cup of liquid. Follow the same directions as for Apple Jelly.

## PARSLEY JELLY.

Take a quantity of fresh parsley, wash, put in a preserving pan, cover with cold water, and boil gently for about 30 minutes. Then strain through well-scalded jelly bag. Measure the juice, and for every pint allow three-fourths of a pound of sugar. Boil the juice for 20 minutes, then add the heated sugar and boil for 10 minutes. Pour into dry, sterilised jars and seal.

## PEACH JELLY.

For peach jelly select peaches not quite ripe enough for eating. Rub off the down with a coarse cloth, cut in pieces, and remove the stones. Cover with water and cook slowly, closely covered, until the fruit is quite soft. Pour into a jelly bag and allow to drip. When all the juice is extracted, measure, and to every

two cupfuls of juice, allow one and a half cups of sugar and the strained juice of one lemon, then follow the same directions as for Apple Jelly. Peaches never make a firm jelly that will retain its shape when turned from a mould or glass, but it is delicious for cake fillings, sauces, and puddings.

## PEAR JELLY.

Follow same directions as for Apple Jelly, but allow the strained juice of a lemon to every pint of juice and 1½ cups of sugar.

## PLUM JELLY.

Use underripe acid plums, wash them, and remove the stems. Put into the preserving pan, and to eight pounds of fruit use one pint of water. Cook gently until the plums are boiled to pieces, then strain the juice and proceed the same as for Apple Jelly.

## QUINCE JELLY.

Follow recipe for Apple Jelly.

## RHUBARB JELLY.

Wash and dry the stalks, cut into pieces about one inch long, put into the preserving pan, and allow one pint of water to every four pounds of rhubarb. Boil to a soft pulp, then strain through well-scalded jelly bag. To every pint of this juice allow one pound of sugar, and follow same directions as for Apple Jelly.

## Crystallised Fruits.

Any preserved fruits (Konfyt) such as Watermelon, Figs, Pears, Pineapple, etc., may be crystallised by the following method, after having been drained from the syrup and then slightly dried in the sun :—

Make a syrup from one pound of sugar and one cup water, stir until the sugar is dissolved, and just when it begins to boil stir in quarter of a teaspoon cream of tartar, then leave off stirring, and allow to boil quickly for about three to four minutes. Test the syrup by dropping a little into cold water; if it forms a small soft ball between the thumb and finger, it has reached the desired degree. Drop the fruit to be crystallised, a few at a time, into this syrup, then lift out gently and drain free from all syrup. Place the fruit on wire (cake) trays and put in the sun to dry. When dry, make a syrup as before, and just as it reaches the " soft ball " stage add the fruit, put on wire trays, sift coarse granulated sugar over, and leave again in the sun to dry. When dry, put in boxes in layers, between sheets of waxed paper, and keep in a cool, dry place.

### HOME CANDIED PEEL.

Take six oranges or the same number of lemons, and take off the peel in quarters, put into brine water and leave for 24 hours, then drain, rinse in clear water, and boil slowly for one hour. Then drain and make a syrup from two cups sugar and two cups water, bring to the boil and skim off all scum. Put in the peel, allow to cook for three minutes, remove from the fire and leave in the syrup for 24 hours. Then drain and boil the syrup again for 15 minutes, then add the

peels and leave again in the syrup for 24 hours. Repeat the process until the peels are well saturated with syrup, then finally cook syrup to "soft ball" stage—test by dropping a little of the syrup in cold water; if it falls into a little ball and will form a small ball when rolled between the thumb and finger, the syrup has reached the desired stage—put in the peels and stir until sugar grains. Then remove and dry in the sun. Pack in boxes between layers of waxed paper.

## CRYSTALLISED GRAPE-FRUIT PEEL.

Wash and dry the grape-fruit, cut into quarters and remove the rind. Cover the rinds with salt and allow to stand for 24 hours. Drain and rinse in several waters, then cover with fresh water and simmer for four hours. Drain, then make a syrup, and finish as directed for "Home Candied Peel."

## CANDIED LEMON PEEL.

Cut lemons in half lengthwise, then boil them until quite soft, and remove the pulp. Put skins into cold water. Boil sugar (2lb. sugar and 1 pint water) to 220 degrees Fahr. Remove the skins from water and pour syrup over them in an enamelled dish, after syrup has become quite cold.

Next day drain syrup off the peels, and boil again to 224 degrees F., adding a lb. or two more of sugar. After cooling down a bit pour over peels and allow to stand overnight. Repeat the operation on the two succeeding days, the first day running the boiling temperature to 227 deg. F. and the second day to 230 deg., each time adding some more sugar. On the last occasion, instead of pouring syrup over peels put peels

into the boiling syrup at 230 deg. F., then stir until the syrup turns sugary, then remove the peel and pack in boxes with sheets of waxed paper.

## COMMERCIAL CANDIED PEEL.

Select lemons of uniform size, either green or yellow, then cut into halves lengthwise, squeeze out the juice, and remove the pulp. Make a strong pickling brine, using 1lb. of salt to every 4 pints of water—the brine should be strong enough to float a potato. If sea-water is handy it may be used instead. Take the peels and allow to soak in the brine for at least a month, changing the brine once during that time if necessary. Then remove, drain thoroughly, and soak in fresh water for two or three days.

After removing the peel from the brine it will be found that the inside white pulp will be quite soft, and can be easily removed by scooping it out with a teaspoon.

After the peel has soaked in fresh water, drain it and put it into fresh cold water, then place it on the fire and bring gradually to the boil. Allow to boil for five minutes, then drain and place on trays in a place where there is plenty of air circulating until the peels are slightly dry.

Make a syrup as directed under "Candied Lemon Peel" and follow the same directions.

## CANDIED VIOLETS AND ROSE PETALS.

Wash and rinse the flowers (1 lb.), then drain, and spread out on paper to dry. Make a syrup of 2 cups sugar and ½ cup water, stirring constantly over a gentle fire until it reaches boiling point,

then stir in ⅛ teaspoon cream of tartar and allow to cook rapidly undisturbed until the "soft ball" stage has been reached, which can be tested by dropping a little of the syrup in cold water, when it can be taken up and formed into a soft ball betwen the thumb and finger. Add the flowers to the boiling syrup, press them well under and let boil up once, then pour gently, without shaking, into a meat platter rinsed in cold water, and allow to stand until the next day. Then drain the flowers from the syrup, add another cup of sugar, and again bring the syrup to the soft ball stage. Add the flowers and again leave to stand until the following day. Remove the flowers from the syrup as before, bring syrup again to the soft ball stage, then add flowers, remove from the fire, and stir until the sugar turns grainy. Separate the flowers and dust off any superfluous sugar, then pack into boxes between sheets of waxed paper.

## MEBOS.

Take soft ripe apricots, put them in salt water strong enough to float a potato and leave overnight. Peel or rub off the skins and press them between the hands to flatten and to let the stone come out, and leave them in the sun to dry. The next day repeat the process. The fruit should dry and become "mebos" in three or four days in the sun, and each day should be worked and pressed into shape with the hands. To crystallise the "mebos" lay them in lime-water for five minutes till they feel nice and tender; take out, wipe dry on a soft cloth, and rub coarse crystallised white sugar well into each, allowing 1½ pounds of sugar to one pound of "mebos." Pack closely with lots of sugar in between, in jars

that will cork well. This makes a very nice sweetmeat. (The lime-water is made by adding two tablespoonfuls of fine lime to a quart of boiling water. This should be mixed well, and, when the lime has drained to the bottom, the clear water may be poured into a bottle, corked, and kept for use.)

## FRUIT PASTE (APPLES, PEACHES, QUINCES, &c.).

Take 4lb. fruit and boil in water until soft, then mash and pass through a sieve. Next boil 4lb. sugar and two pints water to the "crack" stage, or 290 deg. Fahr. (that is, when a little of the syrup if dropped into cold water can be taken up and broken with a snap), remove from the fire, and pour the syrup into the pan with mashed fruit. Put on the fire and stir the contents until they boil and come away from the sides of the pan. Remove mixture from fire and pour it out in a thin layer on sheets of tin, powdered with sugar. Put tin plates in a cool oven to dry. When ready, take out and cut paste into long narrow strips or fancy shapes.

## CRYSTALLISED CHESTNUTS.

Cut the shells carefully off 2 lbs. chestnuts, then put them into a saucepan with enough cold water to cover, and one ounce of flour (this cleanses them). Boil till tender, about half an hour. When cooked take out and remove all husks, being careful not to break them. Then pack closely into an earthenware vessel.

Make a syrup of 2 cups sugar and 1 cup cold water, add about 1 inch of vanilla pod, and cook to 218 deg. Fahr. Remove the pod and pour the syrup when nearly cold over the chestnuts. Bring to simmering point and allow to get cold. Let the chestnuts stand in the syrup for 2 or 3 days, adding more syrup if required (the second syrup should be hot, or, if added cold, chestnuts should be heated in it before), then drain the chestnuts. Put back into the saucepan, pour on some fresh syrup, boil to 220 deg. F. Bring carefully to the boil, then grain the syrup slightly by rubbing the spoon against the sides of the pan to give a cloudy appearance. Lift out the chestnuts and drain well. When dry put into paper cases.

# Chapter VIII.

## Fruit Juices and the Drying of Fruit.

### FRUIT JUICES.

Fruit juices make a most delicious and wholesome drink, especially in summer, and it is a great pity that we do not make more use of them. In America they are very popular, and we might well follow their example by substituting fruit drinks for tea and coffee, for not only are they much more refreshing, but also contain valuable mineral salts, which are so essential in purifying the blood.

### METHOD OF STERILISING FRUIT JUICES.

Select sound, ripe fruit, crush, put into an enamelled saucepan on the fire, and gradually heat to about 180 deg. F., that is simmering point. Then strain through a double thickness piece of butter muslin, and allow to stand for a few hours for any sediment to settle, then pour off the clear liquid. Add sugar to flavour in the proportion of 1 cup to 1 gallon of juice. Pour the juice into hot bottles, put sterilised corks or stoppers in lightly, set bottles on rack or false bottom in steriliser, pour in water the same temperature as juice in the bottles to reach to about their necks, and sterilise at simmering point for about 30 minutes. Remove, fix in the corks tightly, and when cool dip the top of bottles into melted paraffin wax or sealing wax. (A good wax may be made by melting together equal parts of resin and beeswax). These fruit juices are excellent for use in gelatine desserts, puddings, sauces, ice-cream, sherbet, etc. They can be bottled without sugar and later made into jelly.

### LEMONADE.

Peel the rind off 6 lemons very thinly, and put into a jug. Squeeze out the juice and add, together with one cup of sugar and 3 pints of boiling water. Cover and leave until cold, then strain and serve with crushed ice.

### LEMON SQUASH.

Mix together in a jug 1 quart of lemon juice and 3lb. sugar. Stand the jug in a pan of hot water until dissolved, but do not allow to boil. Bottle. It will keep for months. To use, add water or soda-water to a small quantity.

## *Ten Kinds of Lemonade.

### SUNSET LEMONADE.

This is a sharp, cool drink that will be relished on a hot day. Two cupfuls of sugar, the juice of four lemons, and the grated rind of two oranges are boiled with one quart of water for five minutes and set aside to cool. The lemonade is then served in tall glasses, with cracked ice and half slices of orange, and a candied cherry floating on top of each glass.

### LEMON FROST.

Squeeze the juice of half a lemon over three teaspoonfuls of sugar, and add cracked ice and water to fill the glass. Beat the white of one egg until stiff and light, and "frost" the top of each glass with a heaping spoonful slightly sweetened and flavoured with lemon juice.

**Taken from "The Ladies' Home Journal."*

## SHADOW LEMONADE.

Wash and sugar fresh blackberries, allowing them to set a little while to draw out the juice. Press through a bag carefully so the juice is clear. Half fill each glass with the blackberry juice; add the juice of half a lemon, and ice to fill the glass. It is best not to serve this drink too sweet. It is much better tart.

## STRAWBERRY SHRUB.

Pick over, wash and sugar one quart of ripe strawberries. Over them squeeze the juice of two lemons, and allow them to stand. Half fill the glasses with ice, crush the berries, and fill up the glasses with the crushed fruit and juice. Serve with several whole berries unstemmed on the serving plate, accompanied by little sweet wafers or sponge cake.

## SPICED LEMONADE.

Make a lemon syrup as follows: Squeeze the juice from four lemons and chip the rind from one. Add one cupful of sugar, one cupful and a half of water, three whole cloves, and half a teaspoonful of cinnamon. Cook until the sugar is well dissolved and the spices mixed adding more water if necessary to keep the syrup thin. Cool and use one quarter of a glassful for each one, filling the glasses with very fine chopped ice.

## MINT ICE.

Squeeze the juice of one lemon over a handful of mint leaves in the bottom of a tall glass. Crush well; add four teaspoonfuls of sugar and sufficient ice and water to fill the glass.

## LEMON CRYSTAL.

To two teaspoonfuls of sugar add the juice of half a lemon and two tablespoonfuls of pineapple juice. Fill up the glass with cracked ice. Over the top of each glass grate crystallized ginger and serve a generous piece on the edge of the glass itself.

## RASPBERRY LEMONADE.

To two tablespoonfuls of raspberry juice—either of the fresh fruit or canned—add the juice of one lemon, two teaspoonfuls of sugar and ice to fill up the glass. A most refreshing drink!

## APPLE LEMONADE.

Cook until tender, diced apples, including the skin and core, in enough water to cover. Strain through a jelly bag, add a cupful of sugar to each cupful of juice, bring to a boil; then cool. For each glassful of apple lemonade use half a cupful of the apple syrup, the juice of half a lemon, and water and ice to fill the glass. Serve with a candied cherry floating on top.

## PINK OF PERFECTION.

Cook together one cupful of sugar and one quart of currants until the berries are soft. Add one cupful of water to the juice, and cool. Into each glass squeeze half a lemon, and add half a cupful of cool juice. Ice, and serve with very thin sweet crackers.

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## ORANGEADE.

Boil together 2 cups sugar and 2 cups water, with the thinly peeled rind of two oranges for 5 minutes,

then add the juice of 1 lemon and 4 oranges. Strain and serve cold with water or soda-water added.

If liked a grated pineapple may be added, which makes a delicious drink.

### PLUM SYRUP.

Cook 4 quarts tart plums in 1 quart water until perfectly tender, then mash through a fine sieve. Return to the saucepan, add 3lb. sugar, and cook for about 25 to 30 minutes, strain and pour into hot sterile jars, then steal tightly.

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## FRUIT DRYING FOR HOME USE.

The following information with regard to "Fruit Drying," published in leaflet form by the South African National Union, will no doubt prove useful to our readers :—

Sun drying is the least expensive and easiest method, but the product must not get damaged by rain. If fruit once gets wet the colour is partly ruined, and it becomes useless for commercial purposes. In a hot climate like that of the Transvaal and the O.F.S. sun drying would be very effective if only satisfactory precautions could be taken against rain.

*Drying in Evaporators.*

As a general rule, however, the summer weather in the inland areas is too uncertain. Fruit must be picked when it is in the right stage, and dried at once; one cannot wait for a sunny day. And even if drying trays are covered during rain the moist air prevailing for some time afterwards is quickly re-absorbed by the fruit, with the resultant danger of mould and decay.

Another drawback to drying in the sun is the opportunity presented to flies and other insects for laying eggs and excreta amongst the fruit. The use of an evaporating machine prevents all this.

It is recognised, however, that until small evaporators are available at moderate prices simpler methods must be adopted.

In drying fruit the essential things are heat and free circulation of air; both are necessary. The principle of drying is to subject the product to a current of warm dry air, absorbing the moisture, which is afterwards driven away. This result is most easily attained by a process of artificial heat.

Fruit dried by air, with an ordinary electric fan, requires about three days, whilst if part of the moisture is first driven off by the fan and the process then finished by slow artificial heat in an oven, in an evaporator, or in the sun, the work can be completed on the second day. The wind can also be turned to advantage. With a dry light breeze, free from dust, a better finished product is obtained than with the fierce heat of the sun only. The sun draws out the moisture and the dry wind wafts it away.

*Drying Outside.*

As an electric fan is seldom available on the farm, a simpler method is necessary. An inexpensive frame for outdoor drying can be made in the following manner:

In the sunniest spot near the house drive four posts, the front ones two feet and a half high, the rear ones four feet high. To these attach three shelves about

four inches apart, made of ½ or ⅜ inch mesh chicken wire or other screening. Across the back nail a sheet of galvanised iron. On the top place an old window frame. Around the sides nail cheesecloth which, while keeping out dust and insects, will permit a circulation of air and help to carry off moisture.

Arrange one side of the cheesecloth so that it can be removed and the fruit placed on the shelves.

*Drying in the Oven.*

After the last meal of the day has been cooked, the heat of the oven, instead of being wasted, can be used to dry fruit or vegetables. Take out the oven shelf, put in the drying tray with its charge of fruit and leave it all night, with the oven door ajar. In the morning remove the tray, but if the contents are not thoroughly dry put the tray back again the following evening.

Trays may be made of the size required by nailing together four wooden laths and stretching wire gauze, canvas, or hessian previously washed, across the frame work. Fruit should not be done in a moderate warm oven. *It is essential that the heat should not be sufficient to scorch the fruit.*

Drying by artificial heat improves the colour of fruit. It is the saving in drying that saves the colour. The longer fruit takes to dry the darker it gets.

At the same time the drying process must not be too rapid. *Rapidity of evaporation often means imperfectly dried fruit, cooked on the outside and untouched within.*

*How to Prepare the Fruit.*

In order to obtain the best results, fruit must be picked from the trees (not shaken) when ripe, but not over-ripe. Half-ripe fruit does not dry well because a sufficiency of sugar has not been developed and the green portion of the fruit assumes a dark, uninviting appearance. Fruit must not be shaken as the bruises dry black, and an unsaleable article is produced.

No matter what method of drying is used, the fruit must be absolutely clean.

In the drying of peaches and apricots, each fruit must be cut down the centre in exact halves, care being taken that the halves are entirely divided. There must be no skin left to join the pieces together. If the two pieces are not completely severed sorting after drying is materially interfered with. Peeling may be done by small machines made for the purpose, which can be readily obtained, but hand peeling is preferable in the case of peaches like the Transvaal yellow, which has a very light thin skin. Peaches with very loose and heavy skins may be sulphur skinned. This means that the fruit is cut for drying, placed in a suitable box, and exposed to the fumes of sulphur for fifteen minutes, after which the skins can be readily taken off. Peaches handled in this way have a nicer appearance than when peeled by hand.

Apples and pears take longer to dry than any other kind of fruit. All varieties of apples may be dried, but some are better for this purpose than others. Large, white fleshed varieties are the most suitable. Early in the season, before the fruit is quite ripe, the windfalls and those attacked by codling moth may be pared

and quartered or cut into rings and dried. Fruit that would otherwise be lost may thus be turned to profitable account.

With apples, peel, core, cut away bruised parts, if any, slice in rings about a quarter of an inch thick, put into salted cold water for 15 minutes to preserve the colour, 4oz. of salt being used to a gallon of water. Afterwards place the rings thinly on the trays, or thread them on a string stretched across the drying frame. Cling-stone peaches should be pared and cut into halves. Apricots and plums should be halved, but not peeled.

Bruises, scars, all damaged parts, in fact, should be cut away from pears. In dealing with inferior or badly damaged fruit from which a lot of cutting has to be done, the fruit may be cut into conveniently sized pieces regardless of shape, and these pieces dried. In dealing with perfectly sound, ripe fruit, which should not be soft, the usual method is to half the pears, and dry in that form. In doing this a thin paring of the peel is removed longitudinally from the stalk of the fruit to the eye on opposite sides of the pear and the pear halved right through the centre of the peeled part. The peeling is done in this way so that when the pear loses bulk in drying out it presents a clean cut surface and not a jagged edge of projecting peel as it would otherwise do. Remove the stalk and scoop out the core with a "coring spoon" or "corer." The halved or cored pieces should be immediately put on the trays, cut side up and as close together as possible. Sometimes the halved pears are dropped into a tub of water in which about 4oz. of coarse salt to a gallon has been dissolved. After remaining in this solution for a few minutes they are put on the trays. If left too long in the salt water it tends to break up the issues of the fruit and render it unduly soft. Five to ten minutes is long enough.

*Sulphuring.*

Some people will desire to sulphur their fruit, which is quite an innocuous practice, although in some countries considered harmful. Sulphur has always been looked upon as beneficial to mankind from the days of infantile brimstone and treacle to the sulphur springs in later life.

The object of "sulphuring" is to fix the colour. Afterwards fruit retains its natural colour for a much longer period than can be attained in any other way. Also, any insects present are destroyed, and the fruit rendered less liable to damage from this quarter, a serious consideration in the South African climate.

When a sufficient number of trays are full they should be placed in an air-tight box and exposed to the fumes of sulphur for a short time. A sulphur box is easy to make; it should just fit the trays, and contain slats on each side on which to slide the trays in and out. Ordinary tongued and grooved timber lined with paper makes a good box. It should be fairly air-tight but not completely so, as without some air the sulphur will not burn. The sulphur should be placed in a vessel in the centre of the box, and lighted, the trays put in, door closed securely, and the fruit left for forty minutes, more or less. The quantity of sulphur to be used depends, of course, on the size of the box; ½lb. is sufficient for a box 6 x 4 x 4 inside measurement. Galvanized wire netting should not be used in a sulphur chamber, as it causes a chemical action that makes the fruit injurious.

*Trays for Sun-drying.*

The drying trays should not be large. A tray 3 x 6 needs two people to handle it, while one 3 x 3 can

easily be moved by one person. $\frac{3}{8}$ inch mesh wire netting nailed over a wooden frame makes an excellent tray.

*Fanning Method of Drying.*

This can be done where electricity is available to drive an electric fan. The drying process is considerably shortened by it. Sixty per cent. of the moisture can be removed in ten hours. The fan is placed on the table directly in front of the box containing the products which are intended to be dried, which should be spread on small trays with plenty of ventilation between them. Afterwards place the products on an ordinary drying tray in the sun or in the oven. When rain threatens the trays should be placed on top of one another so that air can pass through, and protected from the wet by a substantial covering.

*To Test for Dryness.*

If it is not certain that the fruit is sufficiently dry to keep, place some overnight in a clean dry glass jar and add a crisp cracker biscuit. If, in the morning, the cracker has lost its crispness, is soft and damp, there is still too much moisture in the fruit, and it should be dried an hour or two longer.

Do not pack away the product at once, but for two or three days move it from one box to another to bring about thorough mixing. If, during this time, which is called "conditioning," and places are found to be too moist, return them to the trays for further drying.

*Storing Dried Products.*

Every attention should be given to storing for future use. Small clean boxes of wood or stout cardboard

are the best containers. Line the boxes with wax paper, pack in the dried product, adjust the lid and paste a strip of gummed paper over the edge of the lid and box to exclude air. In every case the sealing must be completed by pasting paper over the edges of the lid. Each box should be labelled with the name of the product and the date on which it was packed. Keep the boxes in a cool *dry* place.

If dried goods are packed away while still damp they will become either sour or develop mould and decay. It is well to inspect the dried product from time to time. Should dampness or mildew appear dip for a few seconds in boiling water and dry.

These are simple methods of drying fruit for home use. But if proper care is taken in drying and packing, an article can be turned out that will be saleable at good prices as a commercial product. For the latter the best fruit must be always chosen, and it must be free from blemish and discolouring.

# Chapter IX.

## Pickles: Sweet and Sour.

The pickling of vegetables or fruit is done either by the use of salt or vinegar. In making pickles vegetables should be young and crisp, and the fruit ripe and firm. They should be picked in dry weather, and, unless they are to be boiled, it is advisable not to wash them, but simply to wipe them with a damp cloth, and then with a dry one. Unless these precautions are taken the pickle may not keep. It is important in making and storing pickles not to use any vessel or utensil made of metal that is affected by brine or vinegar, otherwise a poisonous compound will be formed. In cooking the pickles use an enamelled saucepan or fireproof earthenware, and for storing use glass, earthenware or stoneware jars, which can be tightly sealed. Use either a wooden or enamelled spoon for stirring. Only the best quality vinegar (wine or malt) should be used, as cheap vinegars contain chemicals which attack the pickles and soften them.

Pickles should not be left too long in a strong brine, nor should they cook in vinegar too long, otherwise they will become soft in fibre. The heating should be just long enough to cause the flavour to strike in. When the vinegar begins to lose its strength, pour it off and cover the pickles with fresh vinegar which has been scalded or brought to boiling point. Or, should mould begin to form, drain off the vinegar, heat it to boiling point and pour over the pickles. A few nasturtium leaves or a small piece of horseradish will prevent pickles from moulding.

A tiny piece of alum scalded with the vinegar which is to be poured over cucumbers or gherkins will make them nice and crisp, but alum is not considered wholesome.

If you wish your cucumbers green, put them into cold vinegar in an enamelled or porcelain-lined saucepan, stand them over a moderate fire, and heat slowly until they become green. Green parsley added to the vinegar some days before it is required will also make it acquire a green colour.

## JARS FOR PICKLES.

In bottling pickles it is not necessary to use airtight jars, as the vinegar and spices act as a preservative. Glass jars tied down with vegetable parchment or bladder will answer the purpose splendidly; also stoneware or earthenware jars. On no account must glass jars be used with metal lids, as the vinegar would rust the metal and form poisonous compounds. Pickles should be kept in a dry, cool place.

## BRINE FOR PICKLING.

To prepare the brine for pickling, add enough salt to fresh water until an egg that is fresh enough to sink to the bottom in fresh water will rise to the top in the brine. The brine may be made of hot or cold water, but if the pickles are to remain in the brine for any length of time the brine should be cold before they are put in. Pickles are usually left in the brine for 24 hours, but they may remain in it for months, when they should be soaked in fresh water to get rid of excessive saltness before being added to the vinegar. This precaution should also be used where it has been necessary to delay the pickling for a few days.

## SPICED VINEGAR.

Take 3 pints of vinegar, to which add 1 tablespoon mustard seeds, 1 tablespoon peppercorns, ¼oz. whole ginger, 8 cloves, 1 tablespoon red chillies, and ¼oz. long green chillies. Tie the spices in a piece of muslin. Bring vinegar to the boil and use as required.

## PICKLED BEANS.—I.

Take tender green beans and put into brine as directed at the beginning of the Chapter, for 24 hours, then drain thoroughly, put into jars, and pour spiced vinegar over.

## PICKLED BEANS.—II.

String eight pounds of tender green beans, then boil in salted boiling water for about 15 to 20 minutes. Then drain through a colander and let stand until cold. Put into glass jars, sprinkle lightly with cayenne pepper, add a teaspoon of whole mustard, one teaspoon of chopped horseradish, and cover with good strong cider vinegar, then seal tightly.

## BEET AND CABBAGE PICKLE.

Two pints cooked beets, two pints raw cabbage, one tablespoon salt, one and a half cups sugar, one teaspoon allspice, one teaspoon pepper, half cup grated horseradish, vinegar. Chop the beets and cabbage very fine, add the other ingredients, and mix all together. Cover with cold vinegar and seal in jars.

## BEET AND ONION PICKLE.

Remove the skins from cooked beets, then cut them into thin slices. Peel and cut some onions into thin

slices, and put alternate layers of beets and onions into jars. Boil enough vinegar to cover the vegetables, with salt to taste, and some allspice, whole peppers, cinnamon, ginger, and mace, and strain into the jars. Leave to cool, then seal tightly.

## PICKLED CABBAGE.—I.

Remove the outside coarse leaves, cut in four, then shred the cabbage finely. Sprinkle well with salt, mix it up, and leave for 24 hours. Drain thoroughly, then put into jars, and pour over spiced vinegar as above.

This pickle will be ready for use in a fortnight, after which it will lose its crispness.

## PICKLED CABBAGE.—II.

Chop or shred sufficient cabbage to make eight pounds, add to it three onions chopped fine, and one or two green and red peppers cut into strips. Put a layer of this in a stone par, sprinkle with some salt, then another layer of cabbage, and continue until all the cabbage is used up. Next day take it out and press through a colander. Return the cabbage to the stone jar, putting some mustard seeds and one or two cloves in between layers of cabbage. Do not pack tightly. Cover with good cider vinegar, and after the cabbage has well settled add more vinegar, and continue this until the cabbage is thoroughly moistened with vinegar.

Red cabbage may be pickled the same way, leaving out the peppers.

## PICKLED CABBAGE.—III.

Chop up sufficient cabbage to make ten pounds, sprinkle over two tablespoons salt, and let stand for

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two hours, then mix with one cup mustard seeds, one teaspoon ground allspice, one cup brown sugar, one tablespoon black pepper, two cups chopped onion, and one or two chopped red peppers. Cover with good cider vinegar, put into jars, and seal.

## CHOW CHOW.—I.

Two pounds green tomatoes, two pounds small onions, one cauliflower, three large green peppers, three large red peppers, two pounds small cucumbers, salt, two pints vinegar, half cup ground mustard, half cup flour, quarter ounce turmeric, one teaspoon powdered cloves, one teaspoon powdered allspice, two cups brown sugar. Wash the cauliflower and divide into small pieces, cut the peppers and tomatoes into small chunks, and leave the onions whole. Make a brine of half cup salt to each two quarts of water, and lay vegetables in it for 24 hours, then boil them in this brine for 15 minutes and drain. Mix together the sugar, cloves, allspice, turmeric, and vinegar, and bring to boiling point. Make the flour and mustard into a smooth paste with a little vinegar, add to the boiling vinegar and cook until the mixture thickens. Add the vegetables, bring to boiling point, then bottle and seal.

## CHOW CHOW.—II.

One head cauliflower, two pounds small cucumbers, two pounds green beans, two pounds small onions, one cup ground mustard, half ounce turmeric, two tablespoons mustard seed, two quarts vinegar, one cup sugar, two tablespoons salad oil. Boil the cauliflower, beans, and onions until tender. Cover the cucumbers with brine, prepared according to directions in the beginning of this chapter, and soak for 24 hours, then drain and mix with other vegetables. Bring the vine-

gar to boiling point, then stir in the turmeric and mustard, which have been mixed to a smooth paste with a little cold vinegar. When mixture begins to thicken add the sugar, mustard seed, and oil, stir again, and pour hot over the vegetables. Put in jars and seal.

## SMALL CUCUMBER PICKLES.—I.

Wash and wipe 100 small cucumbers, cover them with boiling brine, made according to directions given at the beginning of this chapter, and let stand 24 hours. Then remove them, wipe, place in clean jars, and cover with hot vinegar, spiced with an onion, twelve whole cloves, two tablespoons mustard seeds, and one or two blades of mace. They will be ready for use in two weeks.

To preserve the green colour of cucumber add parsley to the vinegar some days before it is used. It will acquire a green colour.

## SMALL CUCUMBER PICKLES.—II.

Wash and wipe ten pounds small cucumbers, and peel two pounds pickling onions, cover them with a brine, and allow them to stand 24 hours. Then drain and add one or two green and red peppers, seeded and chopped. Put into jars, and to each quart of pickles allow two cups cider vinegar and half cup brown sugar. Put the vinegar together with the sugar, two tablespoons celery seeds, one tablespoon whole cloves, one tablespoon whole allspices, and a few pieces stick-cinnamon into a saucepan, bring to boiling point, and boil for five minutes. Then pour hot over the pickles and seal. Will be ready for use in two months.

## PICKLED CAULIFLOWER.—I.

Break cauliflower into neat pieces, then steam or cook gently until done, then put them into glass jars and cover with the following :—Mix half pound ground mustard with half ounce turmeric, and make into a thin paste, with some vinegar, then stir into four pints of scalding hot vinegar. Stir until the liquid begins to thicken, then add one cup sugar, half cup olive oil, and two tablespoons mustard seed, and simmer for five minutes.

## PICKLED CAULIFLOWER.—II.

Cut cauliflower into neat pieces and sprinkle with salt, leave for 24 hours, then treat the same way as above. Will be ready for use in two months.

## PICKLED EGGS.

Boil one and a half dozen eggs for 30 minutes, then cool in cold water and remove the shells. Put them into jars and pour over the following :—Bring two pints vinegar to the boil, add half ounce black pepper, half ounce whole allspice, half ounce whole ginger, four cloves, and one or two pieces of garlic, allow to simmer for 15 minutes before pouring over the eggs. Seal in air-tight jars. Will be ready in a month, and is excellent with cold meat.

## PICKLED HORSERADISH.

Clean and scrape some horseradish, and put into clean, sterilised jars. Boil sufficient vinegar to cover, add some chillies and whole peppers, and a small piece of whole ginger. Pour hot over the horseradish and seal tightly. Will be ready for use in 14 days.

## MIXED PICKLES.

Two quarts green tomatoes, two quarts red tomatoes, one quart small onions, one cauliflower, three green peppers, three red peppers, one cabbage, two tablespoonfuls mustard, 1 tablespoonful turmeric, three-quarter pound (one and a half cups) sugar, salt, water, quarter pound (one cup) flour, two quarts boiling vinegar, two pounds cucumbers. Slice the tomatoes and peppers, peel and slice onions and cucumbers, chop cabbage, and separate the cauliflower. Put all into a brine, using one-half cupful of salt to five quarts of water, and allow to stand for 24 hours. Drain thoroughly and steam until tender. Mix together the spices, sugar, and flour, and add enough water to make a paste. Add to boiling vinegar and one pint of water and cook until very thick. Add the vegetables and mix well. Put into jars and seal.

## MUSTARD PICKLES.

One large cauliflower, one quart small button onions, vinegar, quarter pound (one cup) flour, six tablespoons ground mustard, one tablespoonful turmeric, three-quarter pound (1½ cups) sugar, four quarts water, one pint (two cups) salt. Peel the onions and divide the cauliflower into flowerets. Make a brine with the water and the salt, then pour it over the vegetables and allow to stand for twenty-four hours. Then heat to almost boiling point and drain. Mix the flour, mustard, and turmeric in a saucepan with enough cold vinegar to make a smooth paste, then add the sugar and sufficient vinegar to make two quarts in all. Boil this mixture till thick, stirring all the time, then add the vegetables, and boil until well heated through. Divide into sterilised jars and cover.

## PICKLED NASTURTIUM SEED.

Take the green seed after the flower has dried off. Lay in salt and water for two days, and then in cold fresh water for one day. Pack into bottles and cover with boiling vinegar, seasoned with mace, peppercorns, and a little white sugar. Cork and set away. These are a good substitute for capers, to be used with boiled mutton.

## PICKLED ONIONS.—I.

Use small white onions, let them stand in a strong salt and water solution for four days. Then make another strong brine, bring to boil, put in the onions and boil for five minutes. Drain and let them lie in cold water for half a day. Put into bottles, filling spaces with mustard seed, whole mace, and peppercorns. To one gallon vinegar add one cup sugar, bring to the boil, and pour over onions, filling bottles to overflowing. Cork and seal while hot.

## PICKLED ONIONS.—II.

Scald well picked onions by pouring boiling water over them, then remove the outer skins. Then put into brine as directed at the beginning of the Chapter and leave for 24 hours. Drain and put into jars, then pour over spiced vinegar as above. Will be eatable in three months' time, but will be nicer if kept longer.

## YELLOW PEACH PICKLES.

Six pounds yellow peaches, two bottles vinegar, two tablespoonfuls coriander seed, quarter cup brown sugar, four red chillies cut up, three or four large onions sliced, two tablespoonfuls turmeric, one dessertspoonful salt, orange leaves, allspice, and peppercorns.

Bring vinegar to boil, then add onions and peaches, and allow to boil again, then add remainder of ingredients. Do not boil very long. Orange leaves must be added after it has been taken off the fire. Bottle when cool.

## PICCALILLI.

Twelve pounds green tomatoes, two pounds young cucumbers, two green peppers, four onions, two quarts cider vinegar, one cup salt, one cup sugar, one tablespoon peppercorns, one tablespoon mustard seeds, one teaspoon whole cloves. Chop the vegetables, mix with the salt, and leave to stand for 12 hours, then drain thoroughly. Heat the vinegar, sugar, and spices, add the chopped vegetables and bring to boiling point. Put into clean jars and seal tightly.

## GREEN TOMATO PICKLES.—I.

Cut in thin slices ten pounds green tomatoes, and one dozen onions. Then put in layers the tomatoes and onions, sprinkling them well with salt, and let stand overnight. Next morning drain off all the liquor, put them into a saucepan with two tablespoons allspice, two tablespoons whole cloves, two tablespoons mustard seeds, and two tablespoons ground cinnamon (spices to be tied in a piece of muslin), cover with vinegar, add two cups brown sugar, and let simmer gently for 15 minutes. Put into jars and seal tightly.

## GREEN TOMATO PICKLE.—II.

Take 12 pounds green tomatoes, slice them into a bowl with 12 onions, sprinkle salt between the layers, and let stand overnight. Next morning pour off the

liquid and cover well with vinegar—about two quarts will be required—and add the following :—Two pounds brown sugar, two tablespoons black pepper, two tablespoons ground cinnamon, one tablespoon ground cloves, one tablespoon ground allspice, one tablespoon ground ginger. Mix all together and stew until tender. Stir often to prevent burning. Put up in glass jars and seal.

## WALNUT PICKLE.

Gather the walnuts when soft enough to be pierced by a pin. Put them in strong brine, made of ½ lb. salt to each 2 pints water, for five days, after pricking them with a darning needle or metal skewer. Lay in cold water for six hours, then drain and place in the sun, spread out on paper, until they are black. Pack into small glass bottles and pour the pickling vinegar boiling hot over them. For each gallon of vinegar take one cup of sugar, three dozen each of cloves and black peppercorns, half as much allspice, and a dozen blades of mace. Boil for five minutes. (Walnuts discolonr the hands, so use gloves when handling them.)

## TO SALT VEGETABLES FOR PICKLING.

A popular way of preserving such vegetables as green beans, cucumbers, and green sliced tomatoes is by means of salt. The vegetables are packed in a cask with alternate layers of coarse salt, the last layer being salt. A weight is then placed on top in order to keep the vegetables down, and a little water poured on to moisten the salt. A brine will then be formed sufficient to cover the pickles. The cask is then covered up well, and vegetables will keep perfectly for several months. When required for use the vegetables are soaked in fresh water for 24 hours or more. During cooking the water may be changed once or twice.

# Chapter X.

## Chutneys and Sauces.

### APPLE CHUTNEY.—I.

Put through a meat chopper 1½lb. peeled and cored apples, 1lb. onions, and ½lb. stoned raisins. Add 2 quarts of vinegar, and cook gently for 2 hours, then add ¼lb. ground ginger, 1lb. brown sugar, 2 teaspoons cayenne pepper, ½lb. mustard seeds, and a little salt. Cook another 5 minutes, stiring well, then leave to cool and bottle.

### APPLE CHUTNEY.—II.

Twelve sour apples, one onion, two green peppers, two red peppers, one cup seeded raisins, one pint (two cups) vinegar, two cups brown sugar, juice of four lemons, one tablespoon ground ginger, quarter teaspoon cayenne pepper, one tablespoon salt. Peel and core the apples, and cut up into small pieces. Chop the onion and peppers fine, add to the apples, and put, together with all the other ingredients, into a saucepan. Let simmer for about an hour, stirring often. Bottle while hot.

### APPLE CHUTNEY.—III.

Ten sour apples, two green peppers, three large onions, one cup vinegar, one cup seeded raisins, one cup brown sugar, one tablespoon salt, one tablespoon mustard seed. Peel, core, and chop the apples, seed and chop the peppers, and peel and chop the onions.

Put them into a saucepan, add the other ingredients, and let simmer for about half an hour or more. Bottle hot.

## APPLE CHUTNEY.—IV.

Twenty-four large sour apples, three pounds moist sugar, one and half ounces ground ginger, six ounces salt, one pound stoned raisins, half ounce red pepper, two ounces mustard seeds, two ounces garlic or onions chopped fine, three pints vinegar. Make a syrup with the sugar and half the vinegar. Peel, core, and cut up the apples, put into boiling syrup, and cook until quite clear and pulpy, then add other ingredients and rest of vinegar (if too thick add more vinegar). Cook for 10 to 15 minutes, stirring constantly.

## APPLE KETCHUP.

Stew enough sour apples to make two cups, and rub through a sieve, then add two onions chopped very fine, two pints vinegar, one cup sugar, one teaspoon mustard, one teaspoon ground cloves, one teaspoon white pepper, one teaspoon salt, one teaspoon ground cinnamon, and one teaspoon ground cloves. Allow to simmer until of the right consistency. Bottle in sterilised jars and seal white hot.

## APRICOT CHUTNEY.—I.

1lb. stoned raisins, 1lb. apricots, 1lb. moist sugar, 2 teaspoons salt, 2 large onions finely chopped, 1 tablespoon ground ginger, 2 teaspoons ground coriander seeds, 1 tablespoon ground chillies or 1 teaspoon cayenne pepper, and 3 bottles vinegar. Allow to cook for 2 hours, stirring often to prevent burning.

## APRICOT CHUTNEY.—II.

Three-quarter pound raisins, one pound sugar, two large onions, two teaspoonfuls ground coriander seed, one pound apricots, one teaspoonful salt, one tablespoonful ground ginger, six cups vinegar, 2 or 3 red peppers. Put seeded raisins, apricots, and onions through a meat grinder. Add spices and vinegar, and cook slowly for about one and a half to two hours, stirring often.

## APRICOT KETCHUP.

Sixteen pounds ripe apricots, four quarts vinegar, four cups brown sugar, one cup grated horseradish, one tablespoon salt, two tablespoons ground cinnamon, two tablespoons ground cloves, two tablespoons ground mace, two tablespoons ground allspice, three tablespoons ground ginger. Wash the apricots, divide in halves, and remove the stones, then put into a saucepan, add enough water to prevent from burning, and cook for about an hour. Rub through a sieve or colander, add the vinegar and rest of ingredients, and allow to simmer for two hours or more, stirring occasionally. Pour into hot, sterilised jars and seal.

## BANANA CHUTNEY.—I.

Twenty-four bananas, two small onions, half pound seeded raisins, $\frac{1}{2}$ cup brown sugar, one teaspoon ground ginger, one tablespoon salt, quarter teaspoon cayenne pepper, half teaspoon ground cinnamon, two cups vinegar, two red peppers. Peel the bananas and cut into pieces, add the vinegar, sugar, also the chopped onions, chopped peppers, raisins, and spices, and simmer until tender. Bottle and seal.

## BANANA CHUTNEY.—II.

Put through a mincer 12 ripe bananas peeled, 1lb. sour apples peeled and cored, ½lb. onions, and ¼lb. stoned raisins, then add a litle salt, ground ginger, and cayenne pepper to taste. Simmer gently in ½ pint vinegar for 2 or 3 hours, stirring frequently.

## CAPE GOOSEBERRY CHUTNEY.

Three pounds Cape gooseberries, half pound chopped raisins, two chopped onions, half cup brown sugar, one tablespoon salt, two teaspoons ground ginger, two teaspoons cayenne pepper, two cups vinegar. Remove the hull from gooseberries, put into a preserving pan together with all the other ingredients and cook until tender and of the right consistency. Bottle and seal.

## DRIED FRUIT CHUTNEY.

One pound dried peaches, one pound dried apricots, one pound stoned dates, one pound seeded raisins, two cups sugar, six cups vinegar, one and half tablespoons salt, half teaspoon cayenne pepper, half tablespoon ground cinnamon, half tablespoon ground cloves, half clove garlic. Soak the peaches and apricots in sufficient water to cover for about two hours, then cut up into small pieces, also the dates, and cook until tender in the same water in which peaches and apricots were soaked. Then add the other ingredients and cook for about two hours, stirring occasionally. Seal white hot in sterilised jars.

Dried apples may be used in the same way, and dried figs added.

## MARROW CHUTNEY.

Peel and remove the inside of a marrow, then weigh 2lb. of it. Cut it up into small squares, then add 1 cup sugar, 2 tablespoons salt, 8 cloves, 1 finely cut up onion, and 1 quart vinegar. Cook until marrow is soft, then leave until cool, and add ½oz. mustard and ½oz. turmeric made into a smooth paste with a little cold vinegar.

## QUINCE CHUTNEY.

Three pounds quinces or sour apples, four ounces dried chillies, half a pound sugar, half a clove garlic, 1 tablespoon ground ginger, six ounces salt, one pound raisins (seeded), three pints vinegar. Peel, cut, and core the quinces or apples, boil in the vinegar until soft, rub through a sieve, then add chillies cut up fine, sugar, and other ingredients, and more vinegar if desired; simmer gently for half an hour, then put in jars.

## RHUBARB CHUTNEY.

Cut up four pounds rhubarb and cook it with two cups sugar until tender, then add five chopped onions, two ounces curry powder, half teaspoon cayenne pepper, one tablespoon salt, half pound seeded raisins, and two cups vinegar. Let simmer gently until mixture is thick and all the ingredients are tender. Then bottle and seal.

## TOMATO CHUTNEY.

Twenty-five large tomatoes, three-quarters pound dried peaches, three-quarters pound raisins (seeded), one pound brown sugar, five ounces salt, two onions,

half ounce each of ground ginger, cloves and garlic, two ounces dried chillies cut up finely, one pint vinegar. Cut up tomatoes and onions and boil together with raisins, dried peaches and garlic. When soft, pass through a mincer. Mix together with other ingredients, then simmer gently for half an hour or more, then put into jars, and when cold cover securely.

## GREEN TOMATO CHUTNEY.

Six pounds tomatoes, one pound onions, two cups golden syrup, one tablespoonful mustard, one teaspoonful (small) cayenne pepper, one tablespoonful coriander seeds, one tablespoonful allspice, one tablespoonful cloves, one bottle vinegar. Slice tomatoes and onions, put in layers with salt and leave overnight. Drain off the salt water next morning, then add other ingredients, and cook two to three hours.

## TOMATO KETCHUP.—I.

Take 8lb. tomatoes and stew until tender, together with one or two shallots or onions cut up, then put through a sieve. Return to the saucepan, and add a tablespoon salt, 1 tablespoon ground cloves, 1 tablespoon ground ginger, ½ tablespoon allspice, and 1 pint vinegar. Boil until reduced to one-third.

## TOMATO KETCHUP.—II.

Twelve pounds ripe tomatoes, two pints vinegar, one cup sugar, two cloves garlic, five tablespoons salt, one tablespoon ground mace, one tablespoon ground cloves, one tablespoon ground cinnamon, one tablespoon ground allspice, one tablespoon celery seeds, half tablespoon cayenne pepper. Cover the tomatoes with boil-

ing water and remove the skins. Cut up, then put into a saucepan with all the other ingredients, cook until reduced to one-half; then pass through a sieve, re-heat and bottle.

## TOMATO SAUCE.—I.

Twenty ripe medium size tomatoes, two small onions, three green peppers, one tablespoon salt, ¾ cup sugar, one teaspoon ground cinnamon, one teaspoon ground cloves, one teaspoon ground ginger, ¾ cup vinegar. Cover the tomatoes with boiling water and remove the skins. Peel the onions, remove the seeds of peppers and chop up fine, add to the tomatoes cut up, and cook gently until tender. Pass through a sieve, return to the saucepan, and add vinegar, sugar, salt, and spices, and cook for 10 to 15 minutes, then bottle in sterilised jars and seal.

## TOMATO SAUCE.—II.

Stew until tender ripe tomatoes with one or two shallots cut up fine and a small piece of butter the size of a walnut. If preferred it can be put into a cool oven and cook until tender. Then rub through a sieve, and to every 2 pints of pulp add 2 teaspoons ground ginger, 1 dessertspoon salt, 1 dessertspoon chilli vinegar, and 2 tablespoons white vinegar. Cook till it thickens, stirring frequently to prevent it from burning.

# Chapter XI.

# FRUIT DESSERTS.

## Hot Puddings.

### BAKED APPLES.

The usual way is to bake them in their skins, but a better way is to first of all peel them, remove the core, then stand them in a little baking dish, and to pour in a quarter of a cup of water in which ¼ cup sugar has been dissolved. Add a little lemon rind and one or two cloves. Cover up the pan by placing an inverted pan on top, and cook in oven until apples are tender, then remove the cover, sprinkle the apples well with sugar and place in the hottest part of the oven so as to glaze them. Serve with cream.

### BOILED APPLE PUDDING.

2 cups breadcrumbs; 2 cups coarsely-chopped apples; ½ lb. finely-chopped suet; 1 cup moist sugar; 4 eggs; 1 cup milk; ¼ teaspoon salt; ¼ teaspoon grated nutmeg.

Mix all the dry ingredients together, add beaten eggs and milk, and let stand one hour for the bread to soak. Pour mixture into a well-greased basin and steam two hours.

### BAKED APPLE DUMPLINGS.

2 cups flour; 2 teaspoons baking powder; ½ teaspoonful salt; 2 tablespoons butter; 2 teaspoons dripping; ¾ cup milk; 4 apples.

Mix and sift dry ingredients, work in butter and dripping with tips of fingers, add milk gradually, mixing with a knife, toss on floured board, pat and roll out, then cut into rounds to cover apple. Peel and core apples, put sugar and a little ground cinnamon in the cavities, and squeeze a little lemon juice over. Place an apple on each round, moisten the edges, and press together so as to completely cover the apple, and bake for half-an-hour. Brush the top with egg and just before removing dust with sugar.

## BOILED APPLE DUMPLINGS.

Make a Suet Crust as follows :—Mix 1 cup finely shredded suet, freed from skin, with 2 cups of flour, and ½ teaspoon salt, 1 level teaspoon baking powder, and mix with water to a fairly firm dough, then roll out, cut into rounds, slightly smaller than the apples.

Peel and core 6 apples and fill the cavities with sugar, then place each on a round of paste, slightly moisten the edges, and press the paste gently to the top of the apples, where it should be made to join. Tie each dumpling into a piece of well-floured cloth and cook in gently boiling water for about 60 minutes.

## APPLE AND RICE DUMPLINGS.

Peel and core apples, and fill the cavities with sugar, cover each apple with cooked rice and tie in a piece of floured cloth. Put into boiling water and boil gently for 50 to 60 minutes. Serve with a sweet sauce.

## APPLE PUDDING.

2 lbs. apples; ¾ cup sugar; 2 cups milk; 4 eggs; flavouring.

Pineapple Sponge. Orange Cream. Peach Charlotte.

Peel, core and slice the apples, and stew them with ½ cup of the sugar and 2 or 3 tablespoons water. A few pieces stick cinnamon may be added if desired. When tender pass through a sieve. In the meantime bring milk to the boil, then remove from fire, add the rest of sugar and pour on to the beaten yolks of eggs, then cook over hot water until the mixture thickens, but do not allow to boil, and flavour as desired. Place the apple pulp in a pie-dish, pour on the custard, and cover with the egg whites beaten until stiff and sweetened with a little castor sugar. Put in a cool oven to slightly brown the meringue.

## BOILED APPLE PUDDING I.

Make a suet crust as directed for "Boiled Apple Dumplings," roll out and line a well-greased pudding basin with it, reserving about a quarter of it for the lid. Fill up with slices of sour apples, sprinkled well with sugar, add a few cloves or ground cinnamon, then squeeze a little lemon juice over the top and add about 2 tablespoons of sherry or water. Roll out the rest of the pastry to the size of the top of the basin, slightly moisten the edges, and press firmly together. Tie a well-floured cloth or greased paper over the top and steam the pudding for 2½ to 3 hours.

## BOILED APPLE PUDDING II.

Mix together 1 cup of stale breadcrumbs, ¼ lb. finely shredded suet, 1 cup of coarsely chopped sour apple and ½ cup of sugar. Beat up 2 eggs well and mix with ½ cup of milk. Mix all well together and allow to stand for a while so that the bread can soak, and if not sufficiently moist, add a little more milk, then

pour into a well-greased mould, and steam 2 hours. Serve with a sweet sauce.

## BREAD AND APPLE PUDDING I.

Spread slices of bread with butter and place a layer in the bottom of a baking dish, next put a layer of peeled, cored and sliced sour apples, and continue this way until the dish is full, then pour over 1½ cups milk, to which 2 eggs, beaten slightly, had been added, ¼ cup sugar and 1 teaspoon vanilla essence. Sprinkle a little ground cinnamon on top, dot with pieces of butter and bake for half an hour in a slow oven.

## BREAD AND APPLE PUDDING II.

Arrange alternate layers of stale breadcrumbs and thinly-sliced apples in a pudding dish, sprinkling each layer with sugar, a little cinnamon, or other spices, and put small dots of butter over each layer. Have the last layer of crumbs and pour one cup of molasses or treacle, mixed with a little water, over all, or if preferred a glass of wine or water may be poured over. Bake covered for half-hour, then remove the cover and bake three-quarters of an hour or more.

## BREAD AND APPLE PUDDING III.

Fry strips of bread in butter and roll them in castor sugar. Line a baking dish with some of these, then fill the dish alternately with a rich apple sauce or purée, rubbed through a sieve, and strips of fried bread, which should form the top layer. Brown in a moderate oven and sprinkle with castor sugar.

## APPLE CHARLOTTE.

Put strips of bread, from which the crusts have been cut off, and dipped into melted butter, in the bottom of a plain mould, then line the sides of the mould the same way and fill up with apple purée, which has been sweetened and the rind and juice of one lemon added. Place a piece of bread, dipped into melted butter, on top and bake in a moderate oven.

## APPLE PIE.

Line a pie-plate with Short Crust, then fill two-thirds full with thin slices of sour apples, which have been pared and cored. Sprinkle over about 2 tablespoons of sugar mixed with a little ground cinnamon, or if preferred, two or three whole cloves may be used instead of cinnamon. Squeeze a little lemon juice over and dot over with a few pieces of butter on top. Wet the edges of the undercrust, and cover with an upper crust, using Puff or Short Pastry, as above, and press the edges together. To glaze, brush over with beaten egg, diluted with a little water, or milk may be used instead of egg. Sprinkle with coarse sugar and bake in a moderate oven.

Two tablespoons of currants and 2 tablespoons sultanas make a nice addition to the apples.

## APPLE CREAM PIE.

Line a deep pie-plate with Short Crust, putting on a rim of Puff Paste, if liked, then fill up with apple purée, which has been sweetened and flavoured according to taste, and bake without a top crust. When cold decorate the top with whipped cream, forced through a rose tube, and slightly sweetened.

Instead of whipped cream, a meringue may be used by beating up the white of an egg to a stiff froth with one tablespoon of castor sugar, then put into a cool oven to get a nice golden brown.

## APPLE CUSTARD PIE I.

Line a pie-plate with Short Crust, putting on a rim of Puff Paste, if desired, and fill up with 1½ cups apple purée, to which ½ cup of sugar has been added, 2 tablespoons butter, ¼ teaspoon each of ground cinnamon and ginger, and the yolks of 3 well-beaten eggs, then bake. Serve with whipped cream or a meringue on top.

## APPLE CUSTARD PIE II.

Line a pie plate with paste, and fill with apple pulp, then bake in a quick oven until the paste is cooked. Beat up one egg slightly, add ¾ cup milk, sweeten to taste and flavour with vanilla essence or a few gratings nutmeg, then pour on top of the apple purée and cook in a moderate oven until the custard is firm.

## DEEP APPLE PIE.

Butter a deep pie dish and place an egg-cup in the centre, then fill the dish with thin slices of apples, which have been pared and cored. Sprinkle thickly with sugar, and dot with small pieces of butter, then dredge lightly with flour, and pour in about a quarter of a cupful of water. If liked a few pieces of stick cinnamon or cloves may be added. Place a rim of pastry about the edge of the dish, pressing on the inside, but leaving the outer edges free and un-

touched, then brush over with a little water, and put on the top crust. Make a cross cut in the centre, and decorate with a pastry rose made as follows: Roll out some of the pastry as thin as possible, cut a large square, and fold it as many times as you can, then gather the corners together, wet them, and press together tightly. With a sharp knife cut a cross through the pastry ball, and fold back the leaves. Place this in the centre in the hole, and brush the pie with milk or the yolk of an egg beaten up with a little water, and sprinkle coarse sugar on top. Bake about 30 minutes. Serve hot or cold. When serving, lift the inverted egg-cup in order to free the juices.

## APPLE PUFFS.

Line patty-pans with Puff Pastry, put a few hard breadcrumbs in the centre of each to prevent them from rising and partially bake. Remove the crusts and fill with the following apple mixture: To 1 cup apple purée, add the juice and grated rind of a lemon, the yolks of 2 eggs and the stiffly-beaten white of one. Whip the other white of egg until stiff, sweeten with sugar, put a teaspoonful on top of each cake and bake in a moderate oven, for about 15 minutes.

## APPLE ROLY-POLY.

2 cups flour; 1 teaspoon baking powder; 1 teaspoon salt; 2 tablespoons dripping; 2 tablespoons butter; 1 cup sugar; 2 teaspoons cinnamon; milk; apples.

Sift the flour, baking powder, and salt together, and mix to a soft dough with milk. Then roll out to quarter of an inch thick, spread thickly with sliced apples and sift over them the sugar and cinnamon. Roll the dough up the same as jelly cake, press the

ends well together, place the pudding on a plate, set the plate in a steamer over the kettle of hot water and steam 1½ hours.

## APPLE AND TAPIOCA PUDDING.

Soak 1 cup tapioca in 3 cups water for one hour, then add the juice and thinly cut rind of one lemon and cook until clear and transparent. Remove from the fire and sweeten to taste, then put into a pudding dish in alternate layers with peeled, cored and thinly sliceds sour apples. Mix ½ cup milk together with 1 egg, add 2 tablespoons of sugar and ½ teaspoon vanilla essence, and pour on top. Put pieces of butter on top and bake in a moderate oven.

## BABA, WITH APRICOTS AND MERINGUE.

2 cups flour; 4 eggs; ½ cup butter; ½ teaspoon salt; 1 dried yeast cake; and ¼ cup lukewarm water.

Mix yeast with water, and when thoroughly dissolved add flour to make a dough. Knead into a ball, cut at right angles across the top half-way through the ball, set in a saucepan with lukewarm water and leave until light and spongy. Beat the rest of the flour, salt, butter and 2 eggs to a smooth mixture, add the other 2 eggs, one at a time, beating well, add light ball of sponge, and again beat until smooth. Turn into a fluted or oval pan, and put in a warm place to rise. When double in bulk bake half-hour. Remove the centre from Baba to form a thin case. Into the case put canned apricots. Cook the syrup of apricots with 1 cup sugar to a thick syrup, and pour this hot over apricots in baba. Pipe meringue above and dredge with sugar. Brown in a moderate oven.

## APRICOT CREAM PUDDING.

½ cup bread crumbs; 1 cup of thick cream; 1 cup canned apricots; 2 tablespoonfuls of browned bread crumbs; 3 tablespoonfuls of sugar; 1 teaspoonful of vanilla extract; 3 eggs; and ¼ teaspoonful of salt.

Whip up the cream until stiff, then add the yolks of the eggs, the salt, sugar, vanilla and the whites of the eggs beaten to a stiff froth. Butter a mould and dust it with the browned bread crumbs, put a layer of white bread crumbs, then a layer of the apricots and some of the mixture; continue this until the mould is full. Bake for thirty minutes. Serve decorated with whipped and sweetened cream.

## CANNED CAPE GOOSEBERRY PUDDING.

Butter a puding dish, put in a layer of bread, cut in thin slices and buttered, then a layer of canned berries. If the berries are not already sweetened, sprinkle on a little sugar. Continue the layers until the dish is nearly full. Bake about half-an-hour in a moderate oven. Serve with sugar and cream or hard sauce.

## CHERRY PUDDING.

Take 2 eggs; 1 cup of milk; 1½ cups flour; 1 tablespoon of melted butter; ½ teaspoon of salt; 1 teaspoon of baking powder; 2 lbs. of cherries.

Beat the eggs light, add to them the milk, the salt and the butter, then the flour, and lastly the baking powder. Beat well and turn into a well-greased baking tin. Lay the stoned cherries on the top, press them down, sprinkle them rather thickly with granulated sugar and bake in a quick oven for 25 minutes.

## LITTLE CHERRY PUDDINGS.

2 eggs, ¼ cup sugar, ¼ cup butter, 1 cup flour, 1 teaspoon baking powder, ¼ lb. crystallised cherries.

Cream sugar and butter together, add beaten eggs, then flour mixed with the baking powder. Butter some small moulds or dariole moulds, arrange cherries in them, and bake in a moderate oven for about 20 minutes. Turn out and serve with any sweet sauce or custard. If liked ½ cup raisins may be added, and instead of cherries walnuts may be used and a little jam dropped in the bottom of each mould.

## APRICOT PIE.

Take ½ lb. of flour, and into that rub ¼ lb. butter or dripping and butter mixed, ¼ teaspoon salt and 1 tablespoon sugar, make a well in the centre of the flour and put the yolks of 2 eggs into that, then gradually work into a soft paste with cold water into which a little lemon juice has been squeezed. Roll out and line a pie plate with half the paste. Fill up the plate two-thirds full with apricots that have been halved and stoned, sprinkle a little sugar over, and cinnamon if liked. Wet the edges of the under crust, cover with an upper crust, and press edges well together. With a fork make a few pricks on the top, then brush over with the beaten yolk of an egg, diluted with a little milk or water, and sprinkle with sugar. Bake for 20 to 30 minutes.

Dried apricots may be used the same way, after having been soaked for several hours and thoroughly washed.

## APRICOT TAPIOCA.

Drain canned apricots from the syrup, then soak 1 cup tapioca in 3 cups of the syrup, for one hour. Cook

until transparent, sweeten to taste and serve with the canned apricots and cream or custard.

## DATE AND FIG PUDDING.

Stone one cupful of dates, and chop into small pieces with one cupful of figs. Mix with these one-half cupful of chopped candied orange-peel and citron; sprinkle over the fruit one-fourth cupful of flour, mixing it in thoroughly so that every particle may be well dredged, then add one-half cupful of chopped walnuts and ½ cupful of brown sugar. Soften one and one-half cupfuls of brown bread crumbs with two cupfuls of milk, and add to the fruit and nuts with two well-beaten eggs. Mix well, turn into a well-greased mould, and steam four hours.

## FIG PRESERVE DAINTY.

A quickly-prepared and delicious dessert can be made from a cupful of stiffly whipped cream, one tablespoonful castor sugar, half a cupful of nut-meats and a little chopped fig preserves. Serve in tall sherbet glasses that have been lined with lady-fingers or thin slices of sponge-cake, and garnish with a few candied cherries. This dessert can be made in a few moments, and should be served as cold as possible. It looks dainty and tastes delicious.

## FIG PUDDING.

Cut half-a-pound of dried figs rather fine and put them in a saucepan, with one cupful of milk, to stew for quarter of an hour. Put into a basin one cupful of bread crumbs, half a cupful of flour, a quarter of a pound of finely chopped suet, a quarter pound of

sugar, and a little grated nutmeg, mixing well. Add the figs and the milk, two eggs well beaten, and mix all together. Then add one teaspoonful of baking powder, mixing it well into the mixture. Butter a pudding-dish, and pour the pudding in : cover with a buttered paper and steam for two hours. Turn out and serve with sweet sauce.

## FIG ROLY-POLY PUDDING.

Rub into 4 cups of sifted flour a quarter pound of finely chopped suet. Add 1 heaping teaspoonful of sugar and 1 teaspoonful of baking powder; make into a stiff paste with a little cold water, roll out and fit into a buttered pudding-basin, letting the edges hang over. Put into the lined dish a layer of fresh, ripe figs, that have been peeled and cut up, cover with a layer of paste, and repeat until the dish is full. Cover the last layer of figs with the overhanging paste, protect with a buttered paper, and steam for three hours.

## FIG AND RAISIN PUDDING.

Mix together one pound of figs chopped fine, one pound of raisins, one cupful chopped suet, one teaspoonful of cinnamon, one-half teaspoonful of cloves, one cupful of sugar, one cupful of sweet milk, three eggs, one pint of grated crumbs, and one-half teaspoonful of salt.

Steam three hours and serve with a hard or liquid sauce.

## FRUIT SOUFFLÉ.

Any kind of fruit, either fresh or preserved may be used. When canned fruit is used, drain from syrup before proceeding further. Rub one cup of fruit pulp through a sieve, sweeten if necessary and heat. Add the stiffly-beaten whites of three eggs and a few

grains of salt to the hot fruit pulp, and beat thoroughly. Turn into a buttered baking-dish, set in a pan of hot water and bake until firm.

## LEMON RICE PUDDING.

4 cups milk, 1 cup of rice, 3 eggs, 3 heaping tablespoonfuls of sugar, the grated rind of 2 lemons, ¾ teaspoonful of salt.

Cook the milk and rice together until the kernels are tender. Stir together the yolks of the eggs, the sugar, salt and grated lemon rind. Pour gradually on to this the hot rice and milk, thinning if necessary with a little more milk to make it somewhat thicker than a boiled custard. Turn into a pudding-dish and bake in a slow oven for about 15 minutes. Beat the whites of the eggs very stiff, and gradually add to them 8 tablespoonfuls of sugar and the juice of the 2 lemons. Cover the pudding with this meringue, and bake till it is a delicate brown.

## STEAMED ORANGE PUDDING I.

¾ cup of scalded milk; 1 tablespoonful butter; ¼ cup sugar; 1 tablespoon lemon juice; ½ cup grated bread crumbs; 2 eggs; grated rind and juice of one orange; 2 tablespoonfuls chopped almonds.

Pour milk over crumbs and butter and let stand an hour. Beat eggs, add sugar and beat again, then add fruit juice and almonds, and mix all together. Steam one hour. Serve with hard sauce.

## STEAMED ORANGE PUDDING II.

2 eggs and their weight in butter, flour and castor sugar, 1 teaspoon baking powder, the grated rind and juice of 2 oranges.

Cream the butter and sugar, add eggs and beat well,

then lightly stir in the flour, and lastly the grated rind and strained juice of oranges. Pour into a greased mould, tie a cloth or piece of greased paper over the top, and steam for 1½ hours. Serve with a sweet sauce.

## ORANGE AND MACAROON PUDDING.

Soak one-third of a pound of almond macaroons in a pint of milk until soft. Beat four eggs without separating, and add to them one-half cup sugar and the grated rind of one orange. Do not grate in any of the white pith, as it spoils the flavour. Stir this mixture carefully into the macaroons and add the juice of two oranges. Pour into a buttered mould and steam for one hour.

## STEAMED PEACH PUDDING.

To be successful with this kind of pudding the cook must see that the water is boiling violently when the pudding is placed over it, and must not allow it to fall below the boiling point at any time while the pudding is cooking. Make a soft dough of the following ingredients :—

Two cups of flour; one tablespoon of butter; one-half pint of milk; one large teaspoon of baking powder; one-half teaspoon of salt; one and one-half pints of peaches. Sift the salt, baking powder and flour together, rub in the butter and add the milk. The result will be a dough too soft to roll out and which must be dipped with a spoon. The peaches should be peeled, stoned and cut into rather thick slices. Place the sliced fruit in the pudding-dish, first greasing the sides of the dish with butter; drop the dough by the spoon over the fruit and set the dish in a steamer over a kettle of rapidly boiling water, covering the

steamer tightly. Boil for one hour and turn the pudding out without breaking and with the top part down. This brings the peaches uppermost when the pudding is sent to table. Serve with a liquid sauce.

## PEACH DUMPLINGS.

Wash one cupful of rice, throw it into a saucepan of boiling salted water, and boil rapidly for 15 minutes, and then drain. Spread this on square dumpling-cloths, and put in the centre of the rice on each cloth one whole peach that has been pared and from which the stone has been pushed out. Fill the stone-space with rice, and gather up the cloths so that there will be a thin layer of rice all over each peach. Tie each dumpling into a piece of well-floured cloth and cook in gently boiling water for 50 to 60 minutes.

## CASSEROLE OF QUINCES.

Peel 6 large quinces, cut in halves and remove the cores Place in a buttered casserole or pie-dish, sprinkle ½ cup sugar over, add 1 cup water, 3 or 4 cloves, and 2 or 3 pieces of stick cinnamon to flavour. Dot pieces of butter on top, cover with the lid of another dish and put in a moderate oven to stew until done. Serve with whipped cream.

## STRAWBERRY PUDDINGS.

Beat together to a cream two tablespoons of butter, a half cup of sugar and one egg. Then add quarter of a cup of milk, a scant cup of lightly sifted flour mixed with two scant teaspoons of baking powder. Bake in small muffin-tins about twenty minutes, and

when done remove the centres, fill with crushed sweetened strawberries, and put whole berries on top. Dust with powdered sugar and serve with rich, sweet cream.

### TAPIOCA WITH FRESH FRUIT.

Soak 1 cup tapioca in 3 cups of cold water for one hour, then add ½ teaspoonful salt, ¾ cup sugar, 1 cup raisins, and cook until transparent. Arrange in a buttered pudding dish, a layer of tapioca, then slices of fruit, and so on until dish is full. Put pieces of butter on top and bake in a moderate oven until fruit is cooked. Serve with sugar and cream. Any fresh fruit such as peaches, apricots, apples, bananas, etc., may be used. Dried fruits may also be used if previously soaked; but not cooked.

## COLD PUDDINGS.

### APPLE CHARLOTTE.

Put strips of bread, from which the crusts have been cut off, and dipped into melted butter, in the bottom of a plain mould, then line the sides of the mould the same way and fill up with apple pulp, which has been sweetened and the rind and juice of one lemon added. Place a piece of bread, dipped into melted butter, on top and bake in a moderate oven.

### COMPOTE OF APPLE.

Peel eight sour apples and remove the cores. Leave whole or cut in halves. Make a syrup of 1 cup of

sugar and 2 cups of water, boil and skin, then put in the apples and thinly-cut rind of 1 lemon and half of the juice. Cook until the apples are tender, then carefully lift them out of the syrup, and boil the syrup quickly until thick and syrupy. Cool and pour over the fruit.

## APPLE FRITTERS I.

½ cup flour, 1 egg, ¼ cup lukewarm water, 1 dessertspoonful of melted butter or salad oil, a pinch of salt, apples.

Mix the flour with the yolk of the egg, add butter or oil, and gradually the milk. Just before using, beat the egg white to a stiff froth with a pinch of salt and mix into the batter. Peel the apples thinly, remove the cores, and cut into rings about ¾ inch thick. Dip into the batter and fry in deep hot fat till a golden brown. Drain on brown paper and sprinkle with castor sugar.

## APPLE FRITTERS II.

Make a batter of 1 cup milk, 2 cups flour, 1½ teaspoons baking powder, 2 eggs beaten separately, ½ teaspoon salt and a tablespoon sugar. Mix to a smooth batter, add slices of sour apple and fry in boiling hot fat. Drain on paper and serve hot.

## MERINGUED APPLES.

Peel and core sour apples, then put into a baking dish, and if liked fill the hollows with chopped dates or sugar. Dissolve ¼ cup of sugar in ¼ cup of water and pour into the pan, or instead of the syrup use wine, add the thinly peeled rind of one lemon and one or two cloves. Cover with an inverted pan, in order

to keep in the steam, and when tender remove and sprinkle the apples thickly with sugar, then place in the hottest part of the oven so as to glaze. Leave to get quite cold, then remove to a baking sheet, and cover the whole of the apple with stiffly beaten white of an egg, which has been sweetened, and dredge with castor sugar. Bake in a very slow oven until the meringue is set and a light golden brown. When cold, place a little whipped cream on top and decorate with apple jelly or a crystallised cherry.

## APPLE SNOW.

Mix the stiffly-beaten whites of eggs with sweetened apple pulp, and pile lightly in a glass dish. Serve with sweetened whipped cream or custard.

## APPLE TRIFLE.

Take slices of sponge cake, put into a glass dish and cover with apple pulp, then pour a custard over. Set away to chill, then spread the top with whipped cream and garnish with apple jelly, crystallised cherries and strips of Angelica.

## APPLE WHIP.

Fill custard glasses three-quarters full with sweetened apple pulp, and pile sweetened whipped cream on top.

## APRICOT MAIZENA MOULD.

Take fresh stewed or canned apricots, and drain them from the syrup. Strain the syrup and put into a saucepan over the fire to heat. To every cup of syrup allow 2 level tablespoons of maizena, and mix

with a little water. When the syrup reaches boiling point gradually stir in the maizena allow to cook for five minutes. If not eweet enough, add a little sugar. Pour into a wet ring mould, and when cold and firm, serve with the fruit in the centre.

## APRICOT WHIP.

Take canned apricots and drain from the syrup, then rub through a sieve, and fold in the stiffly-beaten whites of 2 eggs. Pour into a serving dish and serve with a custard made from the two egg yolks, ½ cup of milk and ¼ cup of syrup from the apricots.

## BANANA CREAM.

Rub bananas through a coarse sieve, and add as much cream as fruit and a pinch of salt. To two cups of this mixture, add four tablespoonfuls castor sugar and whip it all up until it is very light and frothy. Serve it cold in glasses, with a candied cherry on the top of each.

## BANANA FRITTERS.

Make the same batter as for Apple Fritters. Take four or five bananas, and cut them in half lengthwise. Squeeze over each a little lemon juice to prevent them from discolouring. Dip in the batter and fry in deep fat as above.

## BANANA TRIFLE.

Arrange in a glass dish alternate layers of sliced bananas and lady-fingers or thin slices of sponge cake. Sprinkle in half a cupful of chopped almonds and cover with a boiled custard, flavoured with lemon, cover with a meringue or whipped cream and decorate with slices of bananas. Chill and serve.

## CANNED FRUIT CORNSTARCH MOULD.

Prepare the same way as "Lemon Mould," but instead of water use thin syrup drained from canned fruit. Set in a ring mould, and serve with canned fruit in the centre.

## LEMON CORNSTARCH MOULD.

Mix together 6 tablespoons maizena and 6 tablespoons sugar, and pour on to this 2 cups of boiling water, stir well, then return to the saucepan and cook for 5 minutes. Remove from the fire and add the juice and grated rind of one lemon. Let cool, then fold in the stiffly-weaten whites of 2 eggs, pour into a wet mould and leave to set. Serve with a custard made of the 2 yolks of eggs.

## CHARTREUSE OF FRUIT.

After fruit has been prepared as above and allowed to stand with sugar sprinkled over, add also a small tumblerful of green chartreuse or any other liqueur preferred. Leave in a cool place for an hour, then add some strawberry or raspberry syrup.

## CHERRY CORNSTARCH PUDDING.

Put two cupfuls of milk into a double boiler; add four tablespoonfuls of sugar and the grated rind of one lemon. When near to boiling point stir in half a cupful of cornstarch moistened with a quarter of a cupful of cold milk; cook for five minutes, then remove from the fire and add half a cupful of chopped ripe cherries, one teaspoonful of vanilla extract and one cupful of whipped cream. Pour into a wet mould and turn out when cold. Serve decorated with ripe, stoned cherries and whipped and sweetened cream.

## COMPOTE OF FRUIT.

Compote of fruit simply means fruit cooked in syrup.

Prepare the fruit by peeling it if necessary, leave whole or cut in half. Make a syrup of equal quantities sugar and water, drop the fruit into it, put on the lid of saucepan and allow to cook gently until the fruit is tender, then drain from the syrup and put into a glass dish. Allow the syrup to boil quickly till thick and syrupy, then cool and pour over fruit.

If liked, the syrup may be thickened with a little arrowroot mixed with a little cold water and stirred into the boiling syrup. It will be clear and transparent.

## COMPOTE OF MIXED FRUITS.

Use various kinds of fruit—grapes, peaches, apricots, pears, pineapple, strawberries, oranges, etc. Cut up the larger fruits, and in the case of oranges, remove any tough membrane. Sprinkle with a little sugar and leave in a dish. Make a syrup by boiling 2 cups sugar and 3 cups water, till reduced to a pint. Pour over the fruit while boiling hot, and leave in a cool place for 24 hours. Serve cold. In the case of hard fruits, the fruit should be simmered in the syrup until sufficiently cooked, but not broken.

## FRUIT FOOL I.

Take any stewed fruit, rub through a sieve and mix thoroughly with an equal quantity of whipped cream. Serve in custard glasses with sponge fingers.

### FRUIT FOOL II.

1 cup milk; 1 egg; 1 tablespoonful maizena; 2 tablespoonfuls sugar; 2 cups fruit pulp.

Make a custard of milk, egg, maizena and sugar, then add 2 cups of stewed fruit passed through a sieve. Chill and serve. Instead of custard, use one cup whipped cream. Cape gooseberries, strawberries, bananas and apricots are delicious served this way.

## DRIED FRUITS.

### HOW TO COOK.

Cover with tepid water, let stand, then wash carefully (if the washing is attempted before the fruit has had time to expand to normal shape the pieces will be bruised and there will be dirt and sand remaining in the cooking water). Throw off the water. Add fresh, almost boiling water, and allow to stand for several hours. At the end of this time the fruit should have absorbed its normal amount of water and will hardly need any cooking. But if it should be a little tough, simmer over a slow fire.

Add cinnamon stick or sugar last, but always remember that dried fruit should practically need no sugar. Cool, then remove pieces carefully with the skimmer to the serving dish, and pour the strained juice over it.

The common mistakes are to wash inadequately and to cook too fast and too hard.

Dried apples, peaches, pears, prunes, apricots, figs and raisins will give a different sauce for every day in the week.

## STEWED FRESH FRUIT.

In stewing fruit very little water, or no water, should be used, according to the nature of the fruit. Hard fruits such as pears, apples, quinces, etc., require about 1 cup of water to a lb. of fruit, whereas juicy fruits such as apricots, strawberries, mulberries, plums, require no water at all.

The two important points to remember in stewing fruits are: (1) Use very little water, if any; (2) cook very gently on the side of the stove, or better still cook in a covered dish in a moderate oven. With prolonged cooking quinces and pears will turn a nice red colour.

Sugar may be added in the proportion of 4 to 6 ozs. to a lb. of fruit, and spices such as cloves or stick cinnamon may be added if liked.

## FRUIT TRIFLE.

Take a tin of canned apricots, strawberries, pineapple or any fruit desired, and place them in a glass dish. Cover them with slices of sponge cake, then pour the syrup of fruit and a little castor sugar over the whole. Make a custard of 2 cups milk, 2 tablespoons maizena, and 2 egg yolks, and pour over the sponge cakes. Whip the whites of the eggs to a stiff froth, sweeten and put on top—or use whipped cream. Chopped almonds may be added if desired.

## MULBERRY CORNSTARCH PUDDING.

To four cupfuls of milk add four tablespoonfuls of sugar, bring to the boil, dissolve four tablespoonfuls of cornstarch in a little cold milk, and add to the hot milk. Cook gradually about ten minutes, then put in two tablespoonfuls of butter, one egg well beaten,

and two cupfuls of drained canned mulberries. Turn the mixture into a fireproof baking dish, and bake in a moderate oven for ten minutes. Garnish with berries and meringue.

## PEACH BLANCMANGE.

To 1½ cups of milk add 1½ cups of juice drained from a bottle of canned peaches, place on the fire, and when it commences to boil stir in 4 tablespoons of maizena dissolved in a little milk, and allow to cook for 3 minutes. Pour into a wet ring mould, and when cold and firm turn out and serve with canned peaches in the centre. Another pretty way to serve it is to line a mould with canned peaches and to pour the mixture over the fruit, then to leave until cold and set and to turn out.

## PEACH FRITTERS.

Peel the peaches, split in two, and remove the stones. Sprinkle castor sugar over them, dip each piece in batter, made the same way as for Apple Fritters, and fry in hot lard.

## PEACHES SERVED WITH MERINGUES.

Make a meringue by beating the whites of 4 eggs until stiff, mix in gently 1 cup of castor sugar and 1 cup of finely chopped walnuts. Drop in rounds with a spoon on to a baking sheet, or force through a forcing bag, and bake gently in a very slow oven until firm. Arrange canned peaches in a glass dish with meringues on top.

## PEACH PUFF.

Line little muffin pans with puff pastry, rolled about

a quarter of an inch thick, brush over with a little beaten egg, then place small pieces of stale bread crusts in the centre to prevent them from puffing up in the centre, and bake in a hot oven for five minutes. Remove and place half a canned peach into each, then dust over with fine sugar and return to the oven long enough to glaze. Serve hot or cold, with a little whipped cream on top of each. . ,

## PEACH TRIFLE.

Line the serving-dish with slices of stale cake; fill the dish with sliced peaches, pour a glass of wine over, and dust thickly with sugar. Beat the whites of two eggs until stiff; add two tablespoonfuls of powdered sugar, and beat until fine and dry. Heap this meringue over the peaches, and dust thickly with powdered sugar; place the dish upon a board, and brown quickly in the oven. Stand aside to get cold. Serve with cream. (Save the yolks of the eggs for sauces or mayonnaise.)

## PINEAPPLE TAPIOCA.

Soak ½ cup of tapioca in 3 cups water for one hour, then cook until transparent, together with ½ cup of sugar and the rind of one lemon. Remove and add 1 cup grated pineapple. Serve with whipped cream.

## PRUNE WHIP.

Soak prunes overnight, and the next day cook until tender, together with the juice and grated rind of a lemon. Remove the stones, chop up fine, and mix with whipped cream or the stiffly-beaten whites of eggs.

## RICE-AND-PEACH CASSEROLE.

Wash and drain one cupful of rice, put it in a saucepan with two cupfuls of milk, two tablespoonfuls of butter, two tablespoonfuls of sugar and the grated rind of half a lemon; simmer gently for an hour and a half until the milk is absorbed and the rice is soft. Pound the rice and while hot press the paste in a well-buttered mold and set aside to cool. Turn out when cold. Mark around the top with a sharp knife far enough from the outer edge to form a fairly thick wall of paste. Brush over with beaten egg, put into the oven for a few minutes. Scoop out the inner part, leaving the bottom crust of the same thickness as the sides. Fill with peaches and decorate with whipped and sweetened cream and chopped nuts.

## SPONGE CAKE FRUIT DAINTY.

Take a small round sponge cake, and remove the centre to form a round case, into which fill any stewed fruit, such as apricots, or fresh crushed strawberries sprinkled with castor sugar. Pile on top some sweetened whipped cream, and sprinkle over some finely chopped almonds and pistachio nuts. Instead of whipped cream, the stiffly-beaten whites of eggs, sweetened with sugar, may be used.

## STRAWBERRY BLANCMANGE.

Stew strawberries, strain off the juice and sweeten to taste. Place over the fire, and when it boils stir in maizena mixed with a little cold water, allowing two tablespoonfuls of maizena for each pint of juice; continue stirring until sufficiently cooked. Pour into moulds wet in cold water and set away to cool. Serve with cream and sugar and fresh strawberries if desired.

## TAPIOCA WITH CANNED FRUIT.

Drain the syrup from a bottle of canned fruit and soak 1 cup tapioca in 3 cups of juice for one hour. If there is not sufficient juice, add a little water and a squeeze of lemon juice. Cook until transparent, sweeten to taste, add canned fruit drained from the syrup and pour into a glass dish. Leave till cold and serve with a custard. If liked, a glass of sherry may be added.

## FRESH FRUIT SALAD, No. I.

Allow the following ingredients:—1 pineapple, finely chopped; 1 pint of strawberries; 6 bananas; 6 oranges and 1 lemon, thinly sliced. sugar to taste. Mix all together, add one wine glass of sherry or Madeira (if desired), and set on ice until very cold.

Instead of strawberries, sliced guavas may be used, or grenadillas squeezed out over the whole.

## FRESH FRUIT SALAD, No. II.

Slice 1 dozen oranges, grate 1 fresh cocoanut, and mix sugar with it. Arrange in an ornamental dish alternate layers of oranges and cocoanut, and heap cocoanut on top.

## FRESH FRUIT SALAD, No. III.

Peel and slice the required number of oranges, and arrange in a glass dish alternate layers of oranges and sugar until all the fruit is used. Add grenadillas squeezed out, whip some sweet cream very stiff, sweeten and flavour it to taste, and pour over the whole.

### FRESH FRUIT SALAD, No. IV.

Take 1 dozen sweet oranges; 1 dozen bananas; 1 pineapple; 1 cocoanut. With a sharp knife cut the oranges and pineapple into thick slices, then cut them into bits freed from seed and eyes. Thinly slice the bananas, and grate the cocoanut. Arrange layers of the different fruits in alternation, in a deep dish, sprinkle each layer with sugar; and over the whole pour the juices of the cocoanut, oranges and pineapple.

### ICED FRUIT SALAD, No. V.

Take a nice ripe water-melon, cut off top, scoop out fruit, and cut into square pieces. Cut up ripe bananas, pineapple, apricots, apples and any ripe fruit; add a few handfuls of crystallised cherries, two handfuls sugar, and one tumblerful old wine. Mix all together and fill into melon. Replace the top, and set in ice-chest or cool place, where it can get nice and cold.

## Gelatine Jellies, Creams, etc.

### HOW TO USE GELATINE.

Before using gelatine it is better to soak it for at least ten minutes in cold water, when it will dissolve more readily. It should then be added to the hot liquid and kept stirring all the time until dissolved. Gelatine should not be allowed to boil, as it would lose its gelatinising properties.

Acids have a liquefying effect on gelatine, and for that reason whenever a recipe calls for lemon the proportion of gelatine has to be increased. If boiled for more than two or three minutes with an acid, it will not set. Gelatine should never be used with raw pineapple, as it will not set.

The amount of gelatine to use is 2 ozs. to one quart of thin liquid, such as water, fruit juice, etc. Thick mixtures, such as fruit pulps, custard, whipped cream, etc., only require half that amount, namely, 1 oz. gelatine to 1 quart.

## TO CLEAR JELLIES.

To clear jellies the crushed shell and the unbeaten white of an egg are used as follows :—

Put all the ingredients into a saucepan, and with a large egg whisk keep on whisking till it boils. Stop whisking and boil for 5 minutes, then strain through a jelly bag.

## DOUBLE MOULDING.

To do double moulding two moulds of the same shape are required, the one about an inch larger than the other. Set the larger mould in a pan of ice, then pour in the liquid jelly to the depth of an inch, and when firm place the smaller mould filled with ice on the jelly in the centre, then fill the intervening space with liquid jelly. When firm, take out ice from the inner mould, pour in a little warm water and gently draw it out. The bottom and sides of the mould can then be decorated in any fancy way desired, a little liquid jelly being poured in gently without disturbing the decorations, then set on ice until firm enough to keep in place. Fill up the mould with cream or whatever is desired.

For lining a mould the ready prepared jellies sold in packets answer the purpose splendidly.

## HOW TO TURN OUT A JELLY OR MOULD.

Dip the mould for one second into hot water, then place the dish into which the jelly is going to be

turned upside down on the mould, and quickly turn over the two together, giving it a sharp "up and down" jerk.

Great care should be taken in dipping the mould into the hot water that it does not remain in too long.

## LEMON JELLY.

2 ozs. gelatine, 3 cups of water, ½ cup lemon juice, ½ cup sherry, 1 cup sugar, 5 cloves, small piece cinnamon bark, thinly peeled rind of 2 lemons and the whites and shells of 2 eggs.

Soak the gelatine in a little cold water for at least ten minutes, then add all the other ingredients together with the egg whites (unwhipped) and the crushed shells, place over the fire and clarify as above.

## ORANGE JELLY.

2 cups strained orange juice; 2 cups boiling water; ½ cup sugar; juice of 2 lemons; thinly cut rind of 2 oranges; 2 ozs. gelatine.

Put water, sugar and gelatine in a saucepan, together with orange rinds, bring to the boil and stir until gelatine is thoroughly dissolved, add the orange and lemon juice, then strain through a piece of muslin, and put in a cold place to set.

## FAVOURITE CAPE JELLY RECIPE.

(Mrs. Van der Spuy).

Soak 3 ozs. gelatine in cold water; add to 3 bottles sherry; 1 lb. white sugar; 3 sticks cinnamon; 4 egg whites, slightly beaten up and crushed shells of eggs; 6 cloves; 6 allspice; 1 cup sweet lime juice cordial; and 1 cup orange juice.

Follow same directions as for Lemon Jelly.

## MACEDOINE OF FRUIT.

Make a wine or lemon jelly mixture, fill a mould to the depth of one-fourth inch with this, allow it to become firm, then lay sliced bananas, berries, bits of orange, and blanched almonds in alternate layers with the jelly mixture until the mould is full. Each layer must set thoroughly before the next one is added.

## CANNED FRUIT JELLIED MOULD.

Take any canned fruit, and if somewhat hard cook until tender, then rub through a sieve and measure. To every 3 cups of pulp and juice, use 1 oz. of gelatine and soak in cold water. Heat the fruit pulp, and the softened gelatine and stir over the fire until dissolved. Remove from fire and add stiffly beaten whites of 1 or 2 eggs. Pour into a wet mould and leave until set.

Instead of egg whites, 1 cup whipped cream may be used.

Canned Apricots are delicious done this way, and if moulded with Strawberry or any red jelly in the bottom of the mould makes a pretty effect.

## APPLE CHARTREUSE.

Soak ½ oz. of gelatine in 2 cups of milk, then place over the fire and stir until thoroughly dissolved, add ¼ cup sugar, 1 cup apple pulp, and the strained juice of one lemon. When cool and just beginning to set stir in 1 cup whipped cream or the stiffly-beaten white of an egg, then pour into a wet mould and leave until cold and set.

## CANNED APPLE MOULD.

Strain off the juice from a bottle of canned apples, heat the juice over the fire and dissolve in 2 cups of

the syrup, ½ oz. of gelatine previously soaked in a little cold water, remove from the fire and add the strained juice of a lemon and sweeten if necessary. When cool add the stiffly-beaten whites of 2 eggs and mix well. Pour into a ring mould rinsed in cold water and when set, turn out into a glass dish and place the canned apples in the centre. Serve with whipped cream.

## JELLIED APPLES.

Stew Apples as in "Compote of Apple," and when tender place them in a deep dish. Strain the syrup, make a delicate pink, and dissolve in 2 cups of the syrup ½ oz. of gelatine previously soaked in a little cold water. Pour over the apples in the dish and leave until set.

## APRICOT BAVARIAN CREAM.

1 cup apricot pulp, 2 eggs, grated rind and juice of ½ lemon, ½ cup sherry or canned apricot syrup, ½ cup sugar, ¼ oz. gelatine.

Soak the gelatine in a little cold water for about ten minutes. Mix the lemon juice and rind, wine, sugar and yolks of eggs, put over a gentle fire and cook until the mixture thickens, stirring vigorously, add gelatine, stir until thoroughly dissolved, then pour over the stiffly-beaten whites of eggs. Line a mould with sponge fingers, then gently pour in the mixture and leave till firm.

## APRICOT CHARLOTTE.

Drain a can of apricots and reserve the syrup; rub the apricots through a sieve. Beat up one cupful of milk with one cupful of the apricot purée. Dissolve

½ oz. of gelatine in three-fourths of a cupful of the apricot syrup and three tablespoonfuls of sugar. Strain this into the milk and apricot mixture, add the strained juice of half a lemon and allow to partly set. Rinse a mould with cold water, and then with thin lemon gelatine, leaving some of the latter at the bottom of the mould. Line the sides of the mould with sweet wafers, and as soon as the jelly is set pour in the fruit mixture. Put in the ice-chest or a cool place for three hours. Turn out and serve, decorated with sliced apricots.

## APRICOT CREAM.

Rub some canned apricots through a sieve, after having drained off the syrup. Dissolve 1 oz. gelatine in 1 cup of the syrup, placed over the fire, then add 1 cup apricot purée or pulp, sweeten to taste, and gradually fold in 1 cup of whipped cream. Leave until it is on the point of setting, then pour the mixture into a mould which has been lined and decorated with strawberry jelly (the ready prepared packet jelly may be used for the purpose).

## APRICOT MOULD.

Take fresh stewed or canned apricots, drain from the syrup, and rub through a sieve. To 3 cups of syrup, allow ½ oz. of gelatine, which should be soaked for about ten minutes in a little cold water. Put the syrup on the fire, and when hot add the gelatine and dissolve. Remove from the fire, add the pulp, and allow to cool. Just as it begins to set stir in the stiffly beaten whites of 2 eggs or some whipped cream, and pour into a wet mould. Then leave until firm.

## BANANA CHARLOTTE.

6 bananas, ½ oz. gelatine, 2 egg whites, ¼ cup castor sugar, 1 cup milk, ⅔ cup sugar, 1 tablespoon lemon juice, ½ cup whipped cream and 12 sponge fingers.

Soak the gelatine in a little cold water. Beat the egg whites slightly, add the castor sugar, and gradually pour on the milk after being brought to boiling point. Cook over hot water until it thickens, then add the gelatine and sugar, stir until the gelatine is thoroughly dissolved, then put in a cold place or on ice until it begins to set, then add the bananas mashed to a pulp and lemon juice. Stir until the mixture begins to thicken, then fold in the whipped cream. Line a plain mould with sponge fingers trimmed to fit the mould, turn in the mixture carefully and leave till set.

## BANANA MOULD I.

Soak 1 oz. of gelatine in cold water for half an hour. Take 3 cups of milk and bring to the boil, then draw away from the fire, add 3 eggs slightly beaten, 2 tablespoons of sugar and the gelatine drained from the water, stir until the gelatine is dissolved, then remove from the fire.

Put a layer of sponge cake in the bottom of a mould, then bananas sliced and bits of raspberry or strawberry jam, repeat this until the mould is about two-thirds full, then pour the custard over and leave till cold and set. Serve with whipped cream.

## BANANA MOULD II.

6 bananas; 1 oz. gelatine; 3 eggs; pineapple or any kind of jam; 4 cups milk; 2 tablespoonfuls sugar; lady-fingers or sponge cake.

Bring milk to boiling point, add sugar and gelatine dissolved previously in a little water and stir over fire until gelatine is thoroughly dissolved. Draw away from fire, and add eggs well-beaten, cook for a minute or two, but do not allow to boil, otherwise egg will curdle. Put a layer of lady-fingers or thin slices of sponge cake at bottom of a mould, next a layer of bananas sliced, and bits of jam. Repeat till mould is about two-thirds full, then pour boiling custard over, leave till quite cold, and turn out.

## BANANA SPONGE.

4 sheets gelatine, soaked in ¼ cup water; bananas; ½ lemon; 1 cup sugar; 2 eggs.

Press enough bits of banana through a ricer to fill a cup, stir and cook the cup of pulp, the juice of lemon, and sugar over the fire until boiling throughout, then add the gelatine, let cool, and when beginning to set mix in the whites of eggs, beaten dry. When cold enough to hold its shape, turn out into a glass dish and decorate with whipped cream or with nuts, chopped fine.

## FRUIT BAVARIAN CREAM.

Soak 1 oz. sheet gelatine in one-half cup of cold water. Press one pint of fresh fruit (or canned fruit may be used instead) through a sieve. Pour one-fourth of a cup of boiling water on the gelatine, and strain it into the fruit.

When the jelly begins to set, fold in one pint of whipped cream, stirring until well mixed.

Strawberries, raspberries and peaches are the fruits generally used for this recipe.

A porcelain mould should be used for the fruit mixtures, as tin sometimes discolours the cream.

## JELLY CREAM.

Take one packet jelly powder (strawberry is nice), put into a basin and pour 1 cup boiling water on, stir until thoroughly dissolved, leave till cool (not set), then add ½ cup cream or milk. Pour into a mould rinsed in cold water and leave until set.

## LEMON CREAM.

Put the rind of one lemon, cut very thin, into a saucepan, add 1½ cups sugar, and pour one cup boiling water on to it. Add ½ oz. gelatine, softened previously in a little cold water, to the hot water and sugar, and stir over the fire until gelatine is thoroughly dissolved. Remove from fire and add 3 well-beaten eggs, and the juice of 3 lemons, then cook it over boiling water until the mixture thickens for about 20 to 30 minutes. Then pour into a wet mould and set in a cool place until firm.

## LEMON SPONGE.

2 ozs. gelatine; 3½ cups water; 1½ cups sugar; juice of 5 lemons; rind of 1 lemon; and the whites of 3 eggs.

Soak the gelatine in water, then place on the fire, together with sugar, grated lemon rind and juice. Cook until gelatine is thoroughly dissolved, then strain and allow to stand until it begins to stiffen, then add the stiffly-beaten whites of eggs, stirring well together. Pour into a cold, wet mould, and leave until set, then turn out.

## MULBERRY CREAM.

Prepare the same way as Strawberry Cream.

## ORANGE SPONGE.

Put three tablespoonfuls of granulated gelatine or three-quarters ounce sheet gelatine into a saucepan, add to grated rind of four oranges, the juice of eight oranges, the rind and juice of one lemon, six tablespoonfulls sugar, and the white and shell of one egg, bring to boil and stir constantly until gelatine is thoroughly dissolved. Then pour through a hot jelly-bag. Leave until cold and thick, but not firm, beat with an egg-beater till foamy, then add the stiffly-beaten whites of two eggs and continue to beat with egg-beater until smooth and velvety. Pour into a cold, wet mould, and leave in a cool place to set.

## ORANGE CREAM.

Follow directions for Orange Sponge, and when jelly is consistency of honey fold in one cup of whipped cream instead of egg whites. Turn into a cold, wet mould.

## PEACH BAVARIAN CREAM.

Cover one ounce of gelatine with one cup of cold water and let it soak for a half-hour. Pare, and press through a colander six ripe peaches and add a half-cupful of powdered sugar. Whip one pint of cream. Place the gelatine over boiling water until dissolved; add it slowly to the peach pulp, and when the mixture begins to congeal fold in carefully the whipped cream; turn into a mould, and stand aside two or three hours to harden. Serve with plain or whipped cream.

## PEACH CHARLOTTE.

Rub sufficient canned or stewed peaches through a sieve to make a cupful, add 2 cups of milk, 4 table-

spoons of sugar, the strained juice of half a lemon and heat over the fire, then add ½ an ounce of gelatine previously soaked in a little cold water, stir until thoroughly dissolved and pour into a mould lined with sponge fingers and decorate with crystallised cherries. Leave till set, then turn out and put halves of peaches all around.

## PEACH CHARTREUSE.

Rub stewed or canned peaches through a sieve, add 2 cups of milk, 4 tablespoons of sugar and the strained juice of half a lemon. Put over the fire and stir in 1 oz. of gelatine, which has been soaked beforehand in cold water for 10 or 15 minutes. When gelatine has been dissolved pour into a wet ring mould, and when set turn out, and serve with halves of peaches in the centre.

## PEACH JELLIES.

Take one packet strawberry or orange jelly powder and dissolve in 1½ cups of boiling water, then pour a little of the jelly into wet individual cup moulds. When set, arrange half a canned peach in each, add a little more jelly and when this is set fill up with jelly and leave until cold and set. Take a sponge cake, spread it over with any kind of jam that has been heated and thinned with a little water if too thick, sprinkle with cocoanut on, and turn out the jellies on top. Place a little whipped cream on top of each jelly and decorate with a crystallised cherry. Instead of using water to dissolve the jelly powder in, the syrup drained from the peaches, may be used.

## PEACH SPONGE.

Pare one pound of peaches, and remove the stones. Press the peaches through a colander; add 1 cup of

boiling water, one cupful of sugar and two tablespoonfuls of lemon juice. Cover ½ oz. of gelatine with a little cold water, and let it soak fifteen minutes; add it to the peach pulp, stir over the fire until the gelatine is dissolved; take from the fire, turn the mixture into a bowl, stand the bowl in another of cracked ice or ice water, and stir carefully until it begins to congeal, but is not stiff. Fold in the well-beaten whites of two eggs, turn at once into a mould, and put away to harden.

## CANNED PEAR MOULD I.

Drain a jar of canned pears. Make two cupfuls of custard and add to it ½ oz. of gelatine dissolved in one cupful of pear juice. Pour this custard into a wet mould and allow to set. Turn out when firm. Dip pears into a little of the juice containing a few drops of yellow colouring, arrange them on the custard, put a little mould of pear jelly in the centre and decorate with whipped and sweetened cream put through a forcing tube.

## CANNED PEAR MOULD II.

Pour a little red gelatine into a wet mould and allow it to set. Drain one can of pears and rub them through a sieve. Mix the pulp with one tablespoonful of gelatine dissolved in one cup-ful of milk, ½ cupful of sugar and one cupful of whipped cream. Stir occasionally until cool, then pour into the mould. When firm turn out and decorate with chopped red gelatine. Serve with cream, plain or whipped.

## PINEAPPLE MOULD.

Grate 1 small pineapple, and add enough sugar to sweeten. Soak 1 oz. gelatine in ½ cup milk, then

stir into ½ cup boiling milk and dissolve. Cool and add the pineapple, then stir in 1 pint stiffly whipped cream. Pour into a cold, wet mould, and set on ice.

## PINEAPPLE SPONGE.

Cook 2 cups grated pineapple and ½ cup water for about 10 or 15 minutes, then strain through butter muslin. Re-heat juice and dissolve in it ¼ oz. gelatine softened in ¼ cup water, and ⅔ cup sugar. Allow to cool, then add juice of ½ lemon and whites of 2 eggs beaten stiff, and mix thoroughly together. Pour into a cold, wet mould, and leave till firm. Serve with whipped cream or custard.

## JELLIED PRUNES.

Soak ¾ lb. prunes over-night in cold water. Cook in the same water until tender, together with a few slices of lemon, and remove stones. Soak 1 oz. gelatine in ½ cup water and dissolve in the hot prunes, cut into small pieces. Remove the slices of lemon and add ⅔ cup of sugar and stir until dissolved. Decorate a mould with halves of blanched almonds and cover almonds with seeded prunes set aside for this purpose. When set, add the rest of prune mixture, and leave in a cold place until firm. Turn out and serve with whipped cream or boiled custard.

Instead of slices of lemon, ½ cup orange marmalade may be added. Bananas cut into thin round slices also make a pretty garnish for this dish.

## STRAWBERRY CREAM.

Rub 2 cups stewed strawberries through a sieve, add 1 oz. of gelatine previously soaked in a little cold water, and stir over the fire until thoroughly dis-

solved, then add the juice of one lemon and enough sugar to taste. Gradually fold in 1 cup of whipped cream, and colour with a little carmine if necessary. Pour into a wetted mould, and when set, turn out and decorate with a few fresh strawberries.

### STRAWBERRY MOULD.

Use canned or stewed strawberries, and mash fine through a sieve. To 3 cups pulp add 1 oz. gelatine which has been previously soaked in a little cold water, and stir over the fire until gelatine is thoroughly dissolved. Allow to cool, and when it begins to set fold in the stiffly-beaten whites of 2 eggs, or half-pint whipped cream. Pour into a wet mould and leave until firm.

## Frozen Desserts.

In making frozen desserts it is necessary to have a good supply of ice, although in the colder countries snow is very commonly used. First of all break up ice into small pieces by pacing it in a bag and giving a few heavy blows with an axe or hammer.

Place the ice-cream can containing the mixture to be frozen in the wooden tub, put on the cover, and adjust the top. Turn the crank to make sure that the can fits in the socket, then pack in solidly the ice and salt. Great care should be taken that there is no possible chance of the salt or water getting into the can.

The proportion of salt to be used to ice depends upon the texture desired in the article to be frozen. The larger the proportion of ice, the slower will be the freezing process and the smoother and finer-grained will be the frozen product. Three level measures of ice to one of salt are found to be the best

proportions. If a larger proportion of salt is used, the mixture will freeze in a shorter time, but will be coarse-grained and of a granular consistency.

The mixture increases in bulk during freezing, so the can should not be more than two-thirds full. Turn the crank slowly and steadily until the mixture is frozen to a mush, adding more salt and ice if necessary. After freezing is completed, the water should be drawn off, the dasher removed, and the cover put on, taking care to put a cork into the opening in the cover. Re-pack the freezer with ice and salt, using four measures of ice to one of salt, then place over the top some old newspapers or sacking and leave until required.

## FROZEN PUDDINGS.

To any kind of plain ice cream or rich frozen custard add plenty of fruit and nuts—preserved and candied fruits—and flavour well, usually with wine, brandy, maraschino or Jamaica rum, and it may be called a frozen pudding. These puddings are sometimes frozen as ice cream or made early and packed in ice and salt until frozen.

## FROZEN APRICOTS.

1 quart of fresh or canned apricots; 1 teaspoonful of lemon juice; 1½ cupfuls of sugar; 1 cupful of water; ½ teaspoonful of salt.

Boil the water and sugar together for three minutes. Then mash the apricots through a colander and add to the syrup. An added teaspoonful of lemon juice will help to bring out the flavouring. Put in the freezer and freeze. This may be served with a tablespoonful of whipped cream on each dish.

## FROZEN BANANA PUDDING.

3 cupfuls of milk; ½ cupful of cornstarch; ½ teaspoonful of salt; 2 cupfuls of mashed bananas; 1 cupful of sugar, 1 teaspoonful of lemon juice.

Put the milk on in a double boiler; when hot, add the cornstarch, sugar and salt, mixed with cold milk until smooth. Cook for twenty minutes. When cold, add the bananas, which have been skinned, scraped and mashed through a wire strainer. The lemon juice is added just before closing the freezer. Freeze.

## FROZEN PEACHES.

Pare and stone six peaches; crack half the stones, take out the kernels, and put them into a saucepan with half a pound of sugar, one pint of water and the juice of a lemon; when the sugar is dissolved boil for five minutes; strain and stand aside until cold. When cold add the mashed peaches, and freeze the same as ice-cream.

## FROZEN PEACH PUDDING.

3 cupfuls of milk; 1 cupful of macaroons; 1 cupful of sugar; 2 cupfuls of crushed peaches; a pinch of salt; 4 tablespoonfuls of cornstarch.

Put the milk on to heat. When hot add the cornstarch, which has been mixed with a little cold milk. Cook for ten minutes. When cold add the sugar and salt. The macaroons have been crushed fine and the peaches, which have been mashed through a colander, are then added. Pour into freezer and freeze.

## PEACH PARFAIT.

Peel and stone six mellow peaches; press them through a colander. Crack three stones, mash the

kernels, and put them in a saucepan with a half-pound of sugar and one pint of water; boil five minutes and strain. When cold, add the peaches and freeze. When frozen, remove the dasher from the freezing-can, and stir in a half-pint of cream that has been whipped to a stiff froth; cover the freezer but do not return the dasher; repack, and stand it aside for two hours. Serve in tall parfait-glasses, garnish the top with chopped candied cherries; or it may be served plain—for eight people.

### FROZEN PINEAPPLE SAGO PUDDING.

2 cupfuls of water; ¼ cupful of sago; 1½ cupfuls of sugar; 2 eggs; ½ teaspoonful of salt; 2 cupfuls of grated pineapple.

The sago is put on with the two cupfuls of water and boiled slowly for one hour, or until clear. Beat the eggs, sugar and salt until light, and add to the sago. Remove from fire at once. When partly cool, add the grated pineapple, either fresh or canned. When cold put in the freezer and freeze.

## Ice Creams.

### FRESH FRUIT ICE CREAM.

Prepare fruit by sprinkling sugar over it. Let it stand one hour, press through a sieve, and stir into ice cream when the cream is frozen to a mush.

Grated pineapple, with the addition of a little lemon juice, makes a particularly fine fruit cream.

### STRAWBERRY ICE CREAM.

Wash and hull the strawberries, sprinkle with sugar, and let stand one hour. Then mash and rub

through a strainer. Make a custard of 2 eggs, one cup sugar and 2½ cups milk, and when half frozen add the fruit and finish freezing. If desired, some chopped walnuts may be added.

## PINEAPPLE ICE CREAM.

Scald 2 pints thin cream together with 1 cup sugar, let cool, then add 1 tablespoonful vanilla and freeze. When half frozen, add grated pineapple, which has been allowed to stand for 30 minutes, well sprinkled with sugar.

## BANANA ICE CREAM.

2 pints cream; 4 bananas; 2 tablespoonfuls lemon juice; 1 cup sugar; a few grains salt.

Remove skins from bananas, then force through a sieve. Add remaining ingredients, and freeze. Chopped walnuts are a nice addition.

## PINEAPPLE FRAPPÉ.

Make a syrup by boiling 2 cups water and 1½ cups sugar for 15 minutes, then add 1 grated pineapple and the juice of 2 or 3 lemons. Cool, strain, and add 2 cups iced water, and freeze, using equal parts of salt and ice.

Instead of pineapple, other fruit juice, such as lemon juice, orange juice, etc., may be used.

### FROZEN PUDDING.

Soak for two or three hours one cup of assorted candied fruit in enough brandy to cover. The brandy will prevent the fruits from freezing.

Make a custard of two eggs, one cup of sugar, pinch of salt, and two and one-half cups of milk; cool, and add one cup of heavy cream, and one-half gill of rum. Freeze.

Fill a mould with alternate layers of cream and brandied fruit. Pack in salt and ice for two hours.

### FRUIT MOUSSE.

To 1 pint whipped cream add 1 cup fruit juice, well sweetened, and in which $\frac{1}{4}$ oz. gelatine has been dissolved, after previously having been soaked in a little cold water. Pack in crushed ice and salt, using equal proportions. Place the mixture in a mould with tight-fitting lid, and bury completely in the mixture, then cover with an old carpet or bag, or a few thicknesses of newspaper and let it stand undisturbed in a cold place for 3 or 4 hours.

## Water Ices.

### LEMON ICE.

Make a syrup by boiling 1 quart (4 cups) water with 2 cups sugar, add $\frac{3}{4}$ cup strained lemon juice and freeze.

## ORANGE ICE.

Make a syrup the same as for Lemon Ice, add 2 cups orange juice, the grated rind of 2 oranges, and ¼ cup lemon juice. Strain and freeze.

## LEMON SHERBET.

Follow the same directions as for Lemon Ice, and when the mixture is frozen to a mush, add the beaten whites of 2 eggs.

## LEMON SHERBET MADE WITH MILK.

To the strained juice of three lemons, add one and one-half cups of sugar. To this add very slowly one quart of milk. Freeze.

## RASPBERRY AND CURRANT ICE.

Prepare the fruit as for Fresh Fruit Ice Cream, then make a syrup of 1½ cups sugar and 1 cup water, and add 1½ cups currant juice and ¾ cup raspberry juice.

## APPLE SHERBET.

Prepare the fruit as for Fresh Fruit Ice Cream, then make a syrup of 1½ cups sugar and 1 cup water, and add 1½ cups currant juice and ¾ cup raspberry juice.

## APPLE SHERBET.

Take one pound sour apples, pare, core and quarter, then cook until tender in 2 pints of water, to which add 2 cups sugar, the rind and juice of 2 lemons. When tender pass through a sieve, and freeze as directed in "Fruit Mousse." If liked the stiffly-beaten whites of 2 eggs may be added before freezing.

## PINEAPPLE SHERBET.

To 2 cups grated pineapple, add $\frac{1}{2}$ oz. gelatine dissolved in one cup water, after being softened in a little cold water, add one cup cold water, 2 cups sugar and the juice of 2 lemons. Freeze the same as "Fruit Mousse."

## STRAWBERRY ICE.

Mash fine and rub through a sieve 4 lbs. strawberries, add 2 cups of sugar, the juice of 2 lemons and 2 cups of water, then freeze the same as "Fruit Mousse."

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